**Wellbeing and Self-care March 31, 2020**

**Meditation**

Find some place quiet and where you can be alone – behind the couch, out on the porch etc. Pay attention to your breath. Imagine a lighted candle in front of you. Focus on the light from the flame. With the in-breath, take in energy from the light. During the pause between breaths, give the light the time and space it needs to spread within you and give energy to your whole being. On the out- breath, release all the expended energy from your body. Continue breathing like this until you become aware there is more light, energy and clarity in your body

**Affirmation**

I thankfully accept everything that is good for me, let it have its effect within me, and release everything that drains my energy today

**Self-care: Read *more* to stress *less***

A new study shows that just six minutes of reading a day can reduce stress levels by more than two-thirds. Let’s face it there is nothing nicer than sitting and reading on the couch with a nice cup of tea! So, with that in mind, time to dust off all those books you have been promising to read and nourish yourself with a good book by your favourite author! The benefits are endless!

**Did you know?**

The average life span of a taste bud is ten days

. Sr. Kate