

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #15: CREATE A RELAXING PLACE



Martin Luther King, Jr. once said, "We must develop and maintain the capacity to forgive." Developing the ability to forgive can be difficult, especially when you get frustrated or angry and don't know how to calm down. Having the strategies and tools to be able to calm down the anger and feel relaxed will help us maintain the ability to have forgiveness.

Everyone feels angry from time to time. Frustration and resentment is ok to experience as long as we learn how to handle this emotion. Being in a constant state of anger or holding onto resentment drains us of our happiness. This can change our mood, our relationships, and even our health. When we make the choice to let go of our resentment, we are actively creating more mental space for positive emotions such as love. Letting go of our negative emotions restores our positive energy and allows us to create happy memories. Make it a daily mission to let go of your negative emotions and move positively forward.

Practice Forgiveness Today:



1. FIND A PLACE IN YOUR HOME THAT YOU FEEL THE MOST RELAXED.
2. ADD ITEMS TO YOUR RELAXING PLACE THAT WILL HELP YOU RELAX, SUCH AS YOUR FAVORITE PILLOW OR A PICTURE OF YOUR FAVORITE PLACE.
3. WHEN YOU FEEL YOUR FRUSTRATION AND ANGER GETTING OUT OF CONTROL, TAKE THREE DEEP BREATHS AND GO TO YOUR RELAXING PLACE. THINK OF LETTING GO OF YOUR FRUSTRATION AND REPLACE IT WITH SOMETHING THAT HELPS YOU FEEL GRATEFUL.
4. START A TIMER FOR 5 MINUTES OR HOWEVER LONG YOU NEED TO GET TO A PLACE OF CALMNESS.
5. CLOSE YOUR EYES AND LET YOURSELF ENJOY YOUR RELAXING PLACE.

Parent Practice Tip:

Make your Relaxing Place in an area with the least amount of distractions. It's okay to have loved ones, including pets, join if they want to practice forgiveness and relaxing with you!

To Learn More:

Calm Books Read by Emily Arrow
Under "More Great Resources": Virtual
Trips and Tours!
Live Relaxing Music

www.ChooseLoveToThrive.org