

Using Mindfulness to Combat Stress

3 Keys to Keep you Calm

1. Keep to the Facts - During an emotional or uncertain time, we must stay present to reality and not project into the future.
2. Keep it Simple - Streamline your day, compartmentalize it, and make a routine that is easy to follow.
3. Keep Breathing - Breathwork is vital, it helps with feeling grounded physically and mentally.



Alina R. Haitz is a Wife, Mother and Devotee to the practice of Mindfulness and Meditation. As a type "A" personality always on the move, Alina struggled with her own sense of calmness and mental wellness. But through various methods, classes and mentors, she now practices practical ways to create more calmness in her every day life. Alina isn't a Yogi, Counselor or Health Professional, she is the voice of the everyday person that struggles with the "ups" and "downs" of life. She believes that we can live "less stressed" by truly living in the present moment.

She is the Author of a spiritual book of reflections on Mother Nature titled, "I Am..." She is also a Professional Speaker and Coach. She can be found at www.alinarhaitz.com.