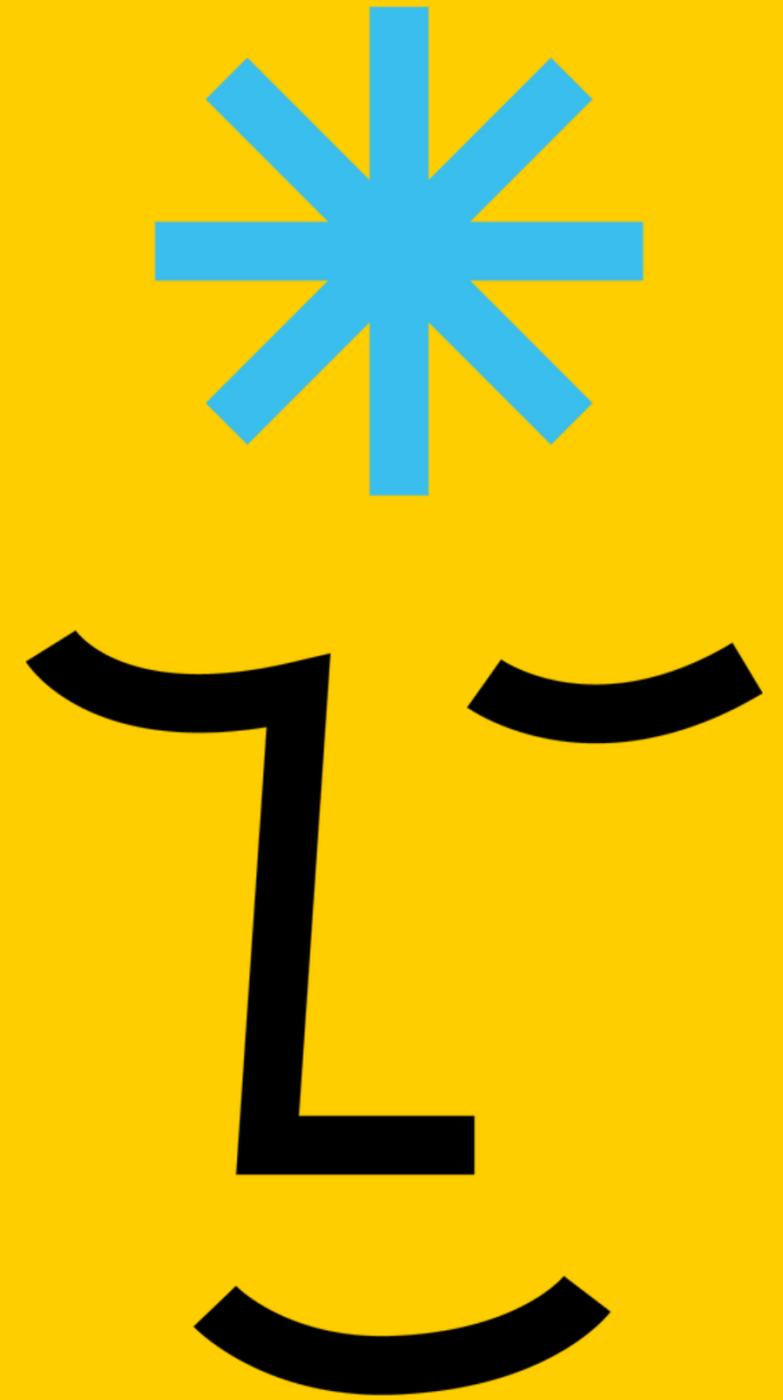


ZEN TIPS FROM THE ZEN PROJECT

Simple and accessible techniques
that can make a big difference



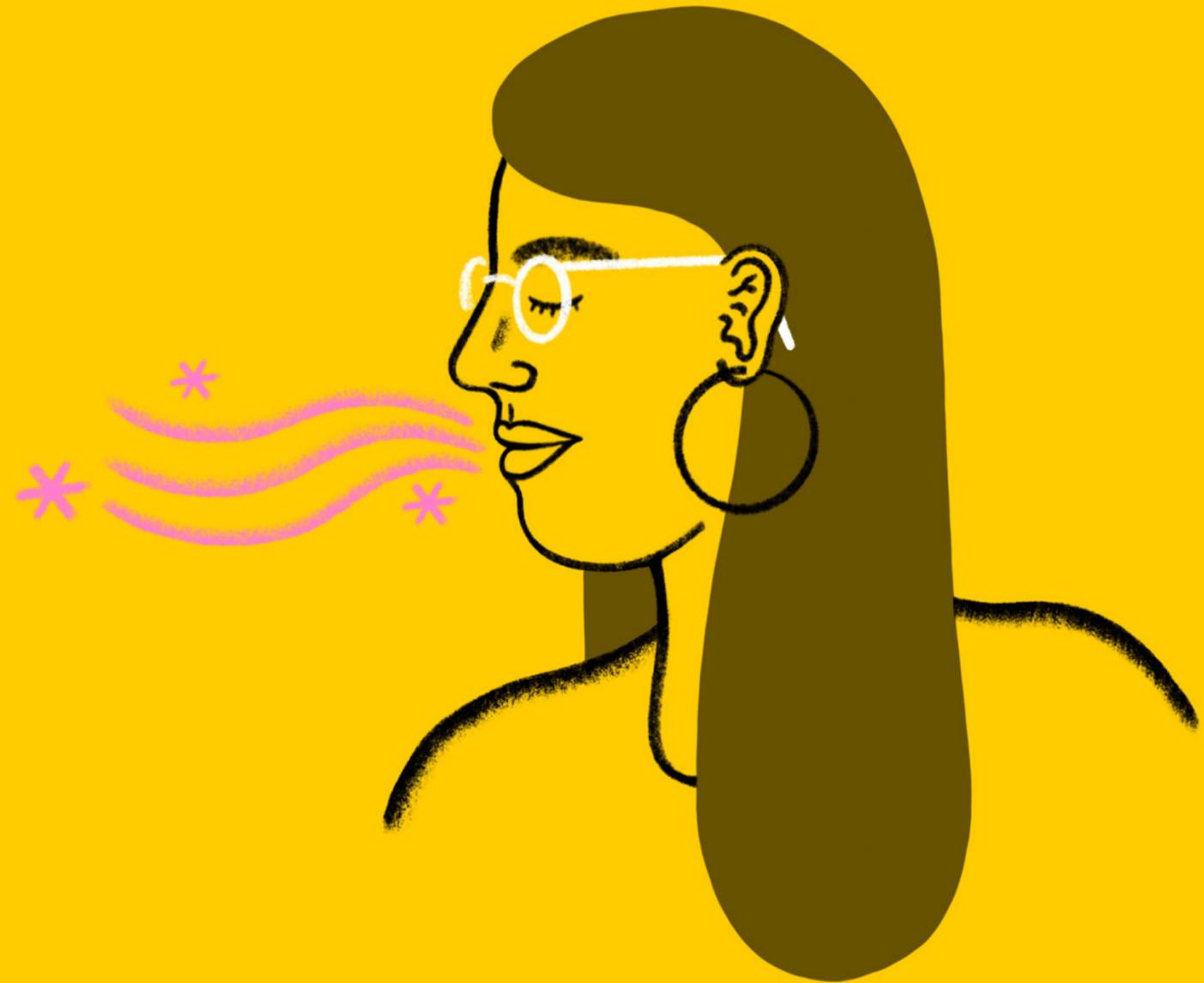
ZEN TIPS

T—Z—P

**Simple, scientific exercises that
anyone can use**

**These exercises quickly affect
the autonomic nervous system,
stress response, mood and
energy levels**

**We want to empower you with
these transformative tools for
self-care**



AN ENERGISING BREATHING TECHNIQUE

WHEN TO USE IT

- This technique will energise you if your energy is dipping
- Best to practise in the morning, maybe even instead of a coffee!

HOW TO DO IT

- Find a comfortable seat, sitting with a straight spine
- Gently close the eyes and begin to focus on your breathing
- Block off your left nostril and breathe only through your right nostril
- Continue for a few minutes

A BALANCING BREATHING TECHNIQUE

WHEN TO USE IT

- This technique will relax you if stressed or energise you if your energy is dipping
- Practise at any time of day

T—Z—P

HOW TO DO IT

- Find a comfortable seat, sitting with a straight spine
- Gently close the eyes and begin to focus on your breathing
- Inhale steadily to a count of 4, exhale to a count of 4
- Continue for a few minutes, or as long as you like!

@T_Z_P

A RELAXING BREATHING TECHNIQUE

WHEN TO USE IT

- Promotes calm and stimulates the rest and digest mode of the nervous system
- Ideal to practise before bed

HOW TO DO IT

- Find a comfortable seat, sitting with a straight spine
- Gently close the eyes and begin to focus on your breathing
- Block off your right nostril and breathe only through your left nostril
- Continue for a few minutes, or as long as you like!

The — Zen

Project*

T—Z—P



Our 5 tips to zen

1. Take a walk in nature

Switch off and be in nature.



Walking is such a good way to destress

2. Declutter

Tidy home, tidy mind! Have a good clear out on a regular basis

3. Update your media feed

Follow stories & people who inspire you

4. Try one of our Zen Techniques

In person or try a take home tip!

5. Learn to say no



KEEP IN TOUCH!

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