



Finding
SERENITY
toolkit

**COPING STRATEGIES FOR CHAOTIC
AND RAPIDLY CHANGING TIMES**

3 Coping Strategies To Find Serenity

STRATEGY 1

PRACTICE TRACKS



"One Day at a Time"



"Peace"

Practice going from the stress of the outer world to the inner world where you can find stability.

We have little to no control over the outside world. A worthwhile practice is to learn to control your inner world. It's easier than you think. The opposite of serenity is anxiety and fear, which can drive us to move, react and feel unrestful. So, practice the opposite which is stillness, long deep breathing and rest.

Meditation and prayer first thing in the morning will ground you for the day.

Seek the deepest part of your being, which once you find, you can learn to rest in this place of stability and peace that's always within you. You can learn to relax internally.

STRATEGY 2

MUSIC/ SONG TRACK



"Serenity"

Watch over the thoughts of your mind.

The job of your mind is to solve problems and to keep you safe. It's wired to do that through messages of fear. If you're safe but your mind is disturbed, learn to watch your mind from a deeper place of stability and peace. Challenge each fearful, angry or sad thought with a thought full of hope, faith, and positivity. You'll notice this has the effect of neutralizing the thought or even making it disappear. Our thoughts lead to emotions and then to behaviors. For a feeling of serenity and an experience of positive, conscious behaviors turn your thoughts into positive ones. **A beneficial strategy for releasing heavy feelings is through deep breathing, simple movement or listening to uplifting music. Do all 3 at the same time and feel the transformation!**

STRATEGY 3

Increase energy for stamina and balance.

Chaos and change cause stress and is energy depleting. Consider the energetic outcome of foods, movement and community. Foods that are whole, unprocessed, fresh and come from the Earth are full of vitamins that create and sustain energy. Small frequent meals produce the most energy. Movement is essential for energy production, even the slightest movement like stretching increases the flow of energy. Combining movement with deep breathing circulates that energy. Lastly, find and be with community. Isolation can lead to apathy, despair and hopelessness which are very low energy feelings. **Find on-line communities (join the YahLight community!) or make sure to have a few people you feel safe around and practice social distancing.**

About This Guide

Everything YahLight offers is designed to bring you into a loving intimate relationship with your heart, spirit, soul, and body. The goal is to connect, to surrender and to live in the light.



About Tonyah

Tonyah teaches about about finding ways to daily increase inner strength, stability and confidence through practicing spiritual disciplines and healthy habits. She is an example of a woman dedicated to studying, living, examining and sharing proven methods for health, healing and wellness.

