

Pausing To Breathe Feels Amazing When I Don't Want To Think Video



A Little Something To Know...

These videos come in a set of the four elements: Fire, Wind, Water, and Air.

This one is AIR

They are reminders to pause, be, stand in your own space, and just breathe. They are wonderful when you just need something to slow you down and catch your breath. They are also great when you need something pretty, comforting, cozy, and sweet. Take a moment to pause.

A Little Something To Journal About...

Sometimes we do things without thinking but most of the time we think and think, rinse, repeat, and think some more. Do you ever just get tired of the thoughts rattling around in your head? It's the pause, the breath, the opportunity to stop that makes a difference. What is something random, silly, funny, or sweet that you could think about instead of the loop of blah blah blah that has been in your head today? Write it down. Give it words and give it wings.