

# GET YOUR Z\*N TOGETHER

*quick guide*



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# The Mission

My mission is to normalize yoga practices in everyday life, showing that you can have a successful career & family life and still apply the techniques and tools of ancient technologies of yoga together with evidence-based science to lead a ZEN & relaxed life.

The mission of this 'Get your Z\*N together' guide is to educate you in practical and accessible practices to bring more peace & ZEN in your daily routine. When you learn to embrace and accept the Zen ways of doing things, you can build confidence to approach any problem with strength and peace in mind.

You will skilfully turn obstacles into opportunities for growth and we can make the workplaces filled with more people full of positive vibrations

Find ZEN in your busy schedule!







# Breath

A growing number of studies show that breathing techniques are effective against anxiety and insomnia. These techniques influence both physiological factors (by stimulating the parasympathetic nervous system) and psychological factors (by diverting attention from thoughts). Because these techniques are safe and easy to use, scientific validation might result in their being more frequently recommended and practiced.

Interesting fact – breath is the only function of the autonomic nervous system that we are able to control. Your body can breathe without your conscious control over it but you are also able to slow down or speed up your breath if you wish to.

We are not able to change the heart rate or pupillary response – we can only control the breath, so it is our bridge to the autonomous system and therefore the key to move us between parasympathetic and sympathetic response – between stress & relaxation.

Probably whenever you hear word yoga you associate it with the breath.

In fact, every relaxation, calming or meditation technique relies on breathing, which may be the lowest common denominator in all the approaches to calming the body and mind.

Research into basic physiology and into the effects of applying breath-control methods lends credence to the value of monitoring and regulating our inhalations and exhalations.

# Gratitude

When we are stressed, we tend to feed the negativity through the choices we make to keep using that place. This lowers our resilience to stress even further. A technique for overcoming this is to meditate on gratitude, by thinking about all the good things in life that we are grateful for at this very moment.

We can begin with the simple things like the fact that we're alive; we're breathing; we have a brain that's functioning. We can find daily gratitude in these basic areas of life. The areas of gratitude make this present moment, this "What Is" moment, worthy of our focused attention and appreciation.

Let yourself be grateful for your life, for your body, for people you could meet on your path. Be grateful for the hardship and experiences that have thought you so much, helped you develop and grow to become a better human being.

Appreciating of what you have causes happiness and not the opposite - meaning you are the builder of your own happiness. Gratitude is something what you can practice everyday and it does wanders to changing your perspective on life. List 5 things that you are grateful right now.



**'It's not happiness that causes  
being grateful.  
It's being grateful that causes  
happiness.'**

**~ David Steindl-Rast**







Try to share kindness and your zen with others, so truly the world becomes a better place. One act of kindness can change the perspective of another person and truly change their approach to life. Remember that also you have to first fill your own glass before sharing with others - always put yourself first, you are the most important and if you are happy you will share this happiness with others.

While boarding the plane they teach us to always put on the oxygen mask first for ourselves and then to help others. It is the same with your energy, first ensure your own self-care, that you are ok, your glass of energy is full, and then share it with others. You cannot get water out of a stone.



# Self-care

**'Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve from the overflow. You cannot serve from an empty vessel.'**

**~ Eleanor Brown**





# GET YOUR Z\*<sup>N</sup> TOGETHER *At Work*

## EMAIL READING

### How To Read Your E-mails and remain ZEN

Before you open a stressful email take a deep inhale and exhale. We very often hold our breaths when reading emails which often multiplies the stress coming from the message.

**BREATHE**



## JOURNALIZING

### Writing things down can be therapeutic

Take notes by hand, make your to-do lists by hand, any inspiration - note it down. Apparently sequential hand movements, like those used in handwriting, activate large regions of the brain responsible for thinking, language, healing and working memory.

**WRITE**





# GET YOUR Z\*N TOGETHER *Me Time*

## SELF-CARE

### Take your time to do the things that relax you

It's not selfish to love yourself, take care of yourself and to make your happiness a priority. It's necessary. Self-care is how you take your power back. Self-care is giving the world the best of you, instead of what's left of you.

CHILL MORE ▶



## MOVE

### Find your favourite ways to move your body

Any form of movement is good for your body. Our bodies were not created to sit down for 8 hrs per day. Remember even a small dosage of movement per day is better than none. Find type of movement that you enjoy and it is a pleasure for you to do!



MOVE MORE ▶



# GET YOUR Z\*N TOGETHER

*Get inspired*

## READING



### A little reading never killed nobody

When you read you can get inspiration to change something or learn something new. Reading is also a great way of becoming an expert in a particular subject. There is no better way to broaden your horizons. Isn't it also a great opportunity to stay in your armchair under a blanket with a nice cuppa?!

READ

## MUSIC

### Start Your Day by Listening to Positive Vibes

It's easy to start your day in good mood if you start it with a good song and a small dance off! Listen to the music when you wake up, on the way to work or while cooking.

PLAY





## HOBBY



### Try something new!

Find your passion and something that inspires you. Don't be afraid to try new things. Be bold! You don't have to do it perfectly as long as you have fun in the process. Do whatever brings you joy and find new ways to achieve your happiness!

EXPLORE MORE



## MINDFULNESS

### When life gets faster slow down more!

You can practice mindfulness in everyday activities by paying full attention to what you are doing, not thinking about the past or the future but just being here and now. As we enhance our awareness of how we feel and what is important to us, we are empowered to act in ways aligned with our highest intentions.

MEDITATE



# GET YOUR Z\*N TOGETHER

# About me



Hello! My name is Kamila and I am coming from business & IT background. I am currently working at Big 4 as a Senior consultant and as my passion I share my yoga journey with others. I have founded SeaZen Yoga in Malta. I have been practicing yoga for over 9 years and I am passionate about sharing this knowledge and benefits making movement accessible to everyone. I am a qualified Registered Yoga Teacher (RYT® 200) in Vinyasa Yoga.

I am trying to incorporate yoga into business everyday life, finding ZEN wherever you are and also making yoga more accessible to all.

Find ZEN in your busy schedule!

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