

CHAOS TO CALM

RESOURCE
CHEAT SHEET



Mindful Meditation

If you're looking for ways to be more proactive and centered with your meditation, there are plenty of resources for you. Keep in mind meditation doesn't always have to be about forgetting the world around you.

It can also be just about understanding your feelings and sorting through why you might be feeling like that.

Here are the best meditation resources:

- [Ways to make time for meditating](#)
- [Affirmations to make you think more positively](#)
- [How to deal with stress during mediation](#)
- [Ways to get rid of that negative voice in your head](#)
- [Fun GIFs to help you meditate](#)
- [How to meditate even if you're impatient](#)
- [Mental health benefits of adult coloring books and meditation](#)
- [Relaxing meditation yoga](#)

Mindful Exercise

Working out is also part of being mindful. Exercise is one of the best ways to be mindful because it allows you to focus on breathing which is a huge part of being mindful. Exercise also makes you feel good about yourself which can boost your confidence.

You can either stretch and do yoga or you can head to the gym to use the machines. Do whatever exercise makes you feel good and don't be afraid to try new things.

Here are the best mindful exercise resources:

- [Tricks to stick to your workouts](#)
- [How to find the exercise to make you happy and smile](#)
- [Ways to find the motivation to work out](#)
- [How to fall in love with working out](#)
- [25 ways to learn to love to run](#)
- [How stress affects workouts](#)
- [How to get over workout burnout](#)

Mindful Productivity

Getting your personal surroundings in check is key to becoming productive. If you have a workspace or desk that is very cluttered, you will not be able to be productive. You need to use both your mental and physical energy to be efficient in work and your personal life.

Here are some resources to help you support you in your journey to declutter your life and mind:

- [How to achieve work-life balance](#)
- [Strategies to help you stick to your goals](#)
- [How to reduce stress at work](#)
- [Tricks to getting organized and reducing stress](#)
- [Steps to have a healthy and efficient morning routine](#)
- [How to ensure stress is not affecting your relationships](#)
- [How to succeed at a digital detox](#)

Mindfulness Books

One of the best ways you can learn to be mindful is by reading books. There are many different books you can purchase from the local bookstore or Amazon. You don't have to spend a lot of time reading mindfulness books. You can just read for 15-20 minutes every night before bed.

This ensures you are reading rather than spending time on screens before bed. Looking at screens before bed can make it much harder to fall asleep.

Here are some of the best books:

- [Wherever You Go There You Are](#): best for those who are beginners when it comes to mindfulness
- [Miracle of Mindfulness](#): best for those that want to learn how to make small moments more important
- [Practicing Mindfulness](#): 75 exercises for how to start practicing mindfulness and how to keep doing it every day
- [Self-Compassion](#): best for those that are too tough on themselves and need some help with self-compassion
- [The Mindful Way Workbook](#): best for those that need a structured course on how to be more mindful with lessons included

Mindful Rest

When you are resting and tuning into being mindful, you have the chance to make sure your successes are being celebrated. No matter how big or how small your success is, make sure you give time to rest on it and celebrate it.

If you are ready to rest and give yourself some rewards, here are the best online resources to use:

- [Best ways to measure exercise progress without using a scale](#)
- [When are cheat days okay?](#)
- [Ways to unplug on vacation](#)
- [Signs you deserve a rest day and how to take it](#)
- [Signs you need more sleep](#)
- [Reasons you need to take all the vacation days you are offered](#)