



## 5 Daily Rituals to Feel Better

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Well-being is not a destination – it's a journey made of small daily actions. Even just 5 minutes a day can make a difference. Here are 5 simple yet powerful rituals to integrate into your life to nourish your body, mind, and soul.

### 1. Start your day without your phone

- Before looking at a screen, take a deep breath. Drink a glass of warm water with lemon.
- Stay in the present moment. Begin calmly, not in a rush.

### 2. The breathing ritual

- Every day, take a moment for mindful breathing:
  - - Inhale for 4 seconds
  - - Hold for 4 seconds
  - - Exhale for 4 seconds
  - - Hold for 4 seconds
- Repeat for 1–2 minutes. It helps reduce stress, clear the mind, and center yourself.

### 3. A mindful meal

- Eat at least one meal a day without distractions.
- Chew slowly, savor each bite. It helps digestion and creates a deeper connection with your body.

### 4. Evening gratitude

- Each night, write down or think of 3 good things from your day, even small ones.

- This trains your brain to see the positive, reduces anxiety, and lifts your mood.

#### **5. Targeted natural nutrition**

- Choose a supplement that fits your current need (energy, relaxation, digestion...).
- Taking it with awareness each day becomes a ritual of self-care.