Pay Attention to your Heart

Have you every stopped and noticed your heartbeat? Today we are going to bring awareness to our heart.

Fact: Our heart beats on average 100,000 times a day, that is about 1 beat every second, or 60 – 100 a minute.

Challenge: I challenge you right now. In the next minute, can you get still enough in this next minute to find your heartbeat? You can do this by putting your hand on your heart.

Fact: Paying attention to one thing at a time strengthens our prefrontal cortex…our wise owl or smart brain.

Find time until next Wellness Wednesday to notice your heartbeat. Maybe when you wake up in the morning or go to bed. Maybe after you play outside.

Lastly take a second to send your heart one positive message today. I am smart! I am safe and cared for! What does your heart need to hear? Today is going to be a great day! We got this!

