

## JUST GO WITH THE FLOW...

Hi everyone Kristin here.Happy Wednesday!

I just want to share something I recently did. It was a fun activity with my niece and it just reminded me of how important **ING activities** are.

These activities could be anything from gardening, dancing, painting, you name it. Whatever brings you into what I call the Flow state.

Flow state is simply when you start any engaging and engrossing activity you become laser focused and relaxed (it's effortless for you).

The Flow state is great for the Nervous System because it basically forces your brain to slow down and relax.

So when I was with my niece during an Easter event, this nice lady came up to us to paint some flowers and at first I thought to myself "This is kids stuff.." but then I stopped myself and took back my words and I am so glad I did.

When I was painting those flowers there could have been cats dancing ballet on my head(I wouldn't notice).Not only was I lost in this activity, it was so fun and I got the chance to unleash my creative side.

But I tell you this to say that you can have fun while stimulating the 2 Main Branches of the Nervous System (The Sympathetic and The ParaSympathetic Nervous System)

And for those who don't know, The Sympathetic nervous system deals with your flight or fight response and helps you to be alert while the ParaSympathetic Nervous system deals with you feeling relaxed.

So when I was painting those flowers my nervous system was screaming with happiness.

And if you find that you are struggling with focusing, sugar cravings, anxiety or anything like that, please try and include a fun activity in your life and see how it changes you(even if it's a small change).

Well I just wanted to quickly share that with you. If you like this check out my Blog for more information like this

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Ok Bye...