



Discover the Secrets to a Peaceful Home

Wellness Wednesday Workshop
with Vicki Wiepking



Be. Here. Now.

~~Phones~~
~~Email~~
~~Distractions~~

Strategy #1

Create Better Boundaries

How does your household feel **on a daily basis?**



- Always Stressed and Pressured**
- Procrastinate and Running Late**
- Uninspired and Bored**
- Disorganized and Unfocused**
- Missing Out on Life!!**

You need routines and practices
to make your life easy.
It's science.

What are the
non-negotiables
in your home?



- Give everything in your entryway a home**
- Set time for using media**
- Set times for homework and chores**
- Set meal times**
- Set morning and bedtime routines**
- Model this for your family!!**

Strategy #2

Set the Mood

What **kind of vibe** do you want to cultivate in your home?



Peaceful

Satisfied

Happy

Energized

Organized

Inspired

Chaotic

Surviving

Disgruntled

Tired

Scattered

Boring

AROMATHERAPY

- Use a diffuser
- Lavender and chamomile for relaxation
- Orange and lemon for uplift

LIGHTING

- Use soft, warm lights – not fluorescent
- Open windows and bright light in the morning
- Dimmed lights for dinner and bedtime

MUSIC

- Upbeat for mornings – sing with your kids
- Classical is great for study times
- Soft and soothing for bedtime

Strategy #3

Be Calm and Present

Are you showing your kids
the **best side of you?**



Your energy and thoughts **affect
the entire house.**

(Fortunately, there is something
you can do about it.)

BREATHING EXERCISES

- Calm yourself before you get home or pick up your child
- Inhale 4, hold 4, exhale 4 counts for 1-2 min
- Do with your child before bed

MEDITATION

- Bring your attention to the present moment rather than letting the “to-do” list dominate everything
- Use the meditation guidelines below
- Encourage your child to slow down and find stillness

JOURNALING

- Get your stress out of your head and onto paper
- Set intentions and focus for the day
- Name three things you’re grateful for today

MEDITATION GUIDELINES

Meditation IS

- **Letting go of thoughts as they come up**
- **Staying focused on the present moment**
- **Being mindful of the breath and bringing your attention back to a point of focus**

Meditation IS NOT

- **The ability to turn off your thoughts**
- **Letting thoughts about the future or past run the show**
- **Being uncomfortable or doing unfamiliar rituals**

A successful meditation is planning to sit and breathe for 3-5 minutes (or longer). Set a timer, be comfortable, breathe deeply, focus on a candle or image. When you lose your focus – come back to the breath and re-focus. As many times as you need to. No judgment. Get up when the timer goes off. That's it, and you can do it. Use a meditation app to help you.

Strategy #4

Make a Connection

What is the
**most important
thing** to you as a
parent?



It can be easy to lose sight
of what matters.

(Hint: the dishes can wait.)

LISTEN

- Don't interrupt when your child is talking
- Let them know you understand how they feel
- Save the constructive criticism for another time

DO ART PROJECTS

- Do something quick and easy
- Let your child lead you
- It doesn't have to be done "right" or even be "finished"

DANCE OR EXERCISE

- Do some stretching or yoga to relieve stress
- Play your child's favorite sport with them
- Be spontaneous and fun



Discover the Secrets to a Peaceful Home

Wellness Wednesday Workshop
with Vicki Wiepking