

EASY TO BE CALM

VERENA'S TOOLS FROM THE HEART
WITH A SCIENTIFIC BACKGROUND



1. LOVE

Being close to mum and dad or caregivers they trust is the best resource any child can have. Together managing change and challenges is possible.



2. HEALTHY FOOD

Food is an important pillar for inner strength and stability. It should be fresh, homemade. Some herbs are very beneficial. Using seeds of stinging nettle has proven to be very good, as have common daisies and elderflowers. Honeysuckle can be used in a soothing bath (don't ingest honeysuckle, though).

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3. ROUTINE

Yes, good ol' routine is important to regain stability in times of change. Bed-time-reading rituals, lunch and dinner time or singing when cleaning the teeth for little kids, or brushing hair for the more grown ones, and even household chores done together can be beneficial.



4. VISION

Your vision, your plans for the future - they make all the success in business and they do so with your resilience: plan, share, come up with ideas. Hope and joy are always right.