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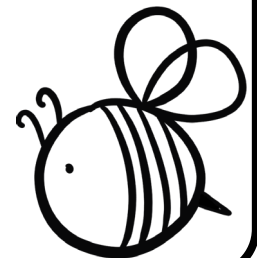
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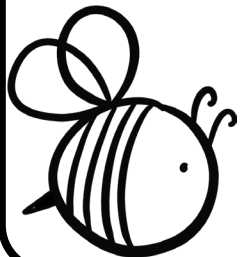




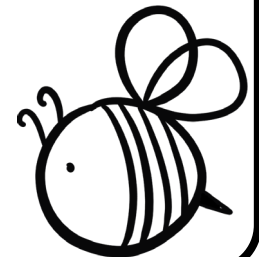
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Ways to be Serene

Serene September is a month to notice moments of calm, comfort, and peace.

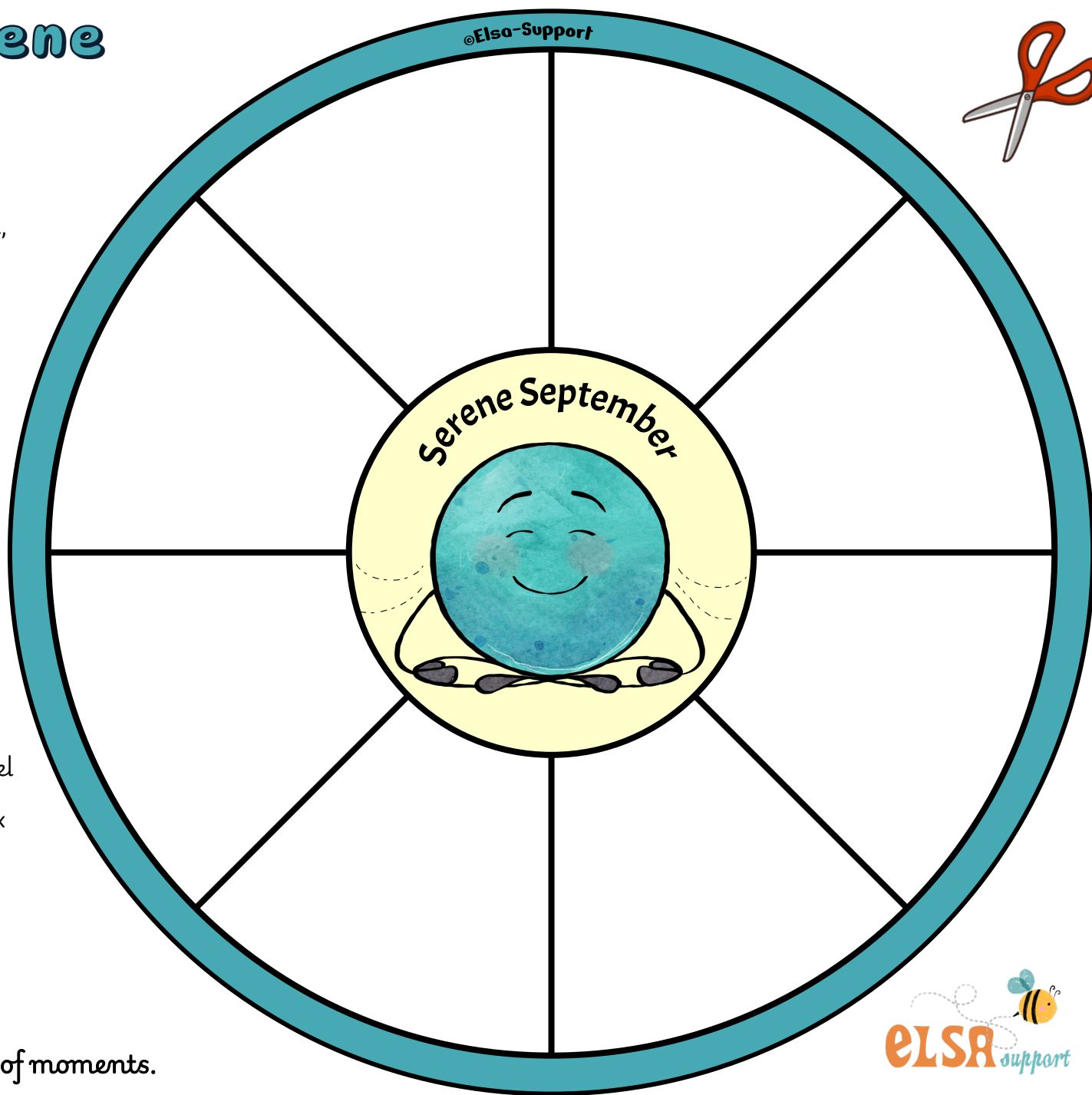
Being serene doesn't mean you have to feel calm all the time. Sometimes it's about noticing what helps you feel settled, taking time to pause, finding a quiet moment, and discovering what helps your body and mind feel more at ease.

This wheel is about the moments you notice in yourself during Serene September. You can draw, write a word, colour, or mix everything together.

Here are some prompts for you:

- Something that helps me feel calm
- A place where I feel peaceful
- Something I enjoy doing quietly
- A time I felt relaxed
- Someone who helps me feel settled
- Something that makes me feel comfortable
- A sound that I find calming
- A way I can give myself a quiet moment
- Something I can do when things feel busy
- Something that helps my body relax
- A time I noticed I felt peaceful
- How feeling calm feels in my body

Peace can be found in the smallest of moments.



Ways to be Serene

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