

# Renee Hagar-Smith, Mindful Strategies to Stress Less and Thrive More- Episode 312

## In this Episode:

- Renee talks about her role as a mindfulness-based wellness coach and the personal journey that led her to this line of work
- Her unique blend of modalities and practices that help her serve her clients effectively
- Why self-compassion can be challenging for many, especially for women
- The connection between the body and mind in achieving balance
- The importance of pausing and accepting emotions as essential tools for managing overwhelm
- How mindfulness can be integrated into various aspects of life

## Notable Quotes:

“Stress less and thrive more.”

“If you're looking at yourself or you're looking at others with loving kindness, it's impossible to really be harming.”

“When we drop into our body from our mind, that's when we're in the present moment.”

“Focus on what you can control.”

## Pearls of Wisdom:

1. Have a purpose.
2. Writing intentions is powerful.
3. Start your morning with a centering, an affirmation, and an intention.

## Resources:

**Renee Hagar-Smith** trained in Mindfulness-Based Stress Reduction (MBSR), Mindful Self-Compassion (MSC), Reiki, Divine Sleep Yoga Nidra®, yoga and yoga-based mindfulness, breathwork, and meditation, Renee is also a suicide loss survivor who used mindfulness and yogic practices to help facilitate her own healing journey. Renee offers one-on-one coaching and group coaching, as well as being a speaker, workshop facilitator, and writer. She resides in Central New York with her teenage son and an adorable fluffy white dog, who is her constant companion and, surprisingly enough, is also attuned to Reiki.

**Website:** <https://www.reneehagarsmith.com/>

**Facebook:** <https://www.facebook.com/reneehagarsmithcoach>

**Instagram:** <https://www.instagram.com/reneehagarsmithcoach>

**LinkedIn:** <https://www.linkedin.com/in/reneehagarsmith>

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