



CALM

OF REST

IS OUR INNER PLACE

STAMPS



swissôtel
LIVE IT WELL

Calm is what rests the body and nurtures the soul
The thoughtful cycle we nurture when we turn our mind into our ally
To stop the hasty carousel of our everyday lives

Stillness asks for our attention
We have to focus on our inner quiet to bring the mental storm to a halt
All it takes is something as simple as a deep breath

Or a short moment with a sweet memory
Where nervousness, anger and other strong emotions are absent
Sometimes it works wonders to come to a pause for a moment, keep calm,
pay attention to what matters - and then carry on

Calm is a gentle reminder that the slower we go, the more we can see

#swissvalley