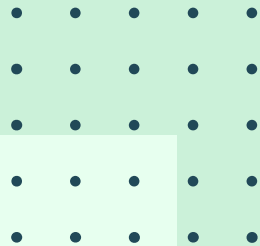




Weekly Check In



Name, pronouns, how are you (*weather analogy*)? How did you vibe more this week?

Ask for Help

Cry

Choose self respect

Take good care of your body

Compassion

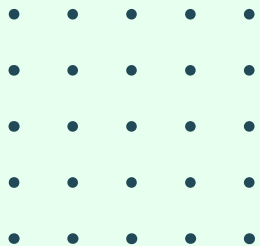
Create a new story

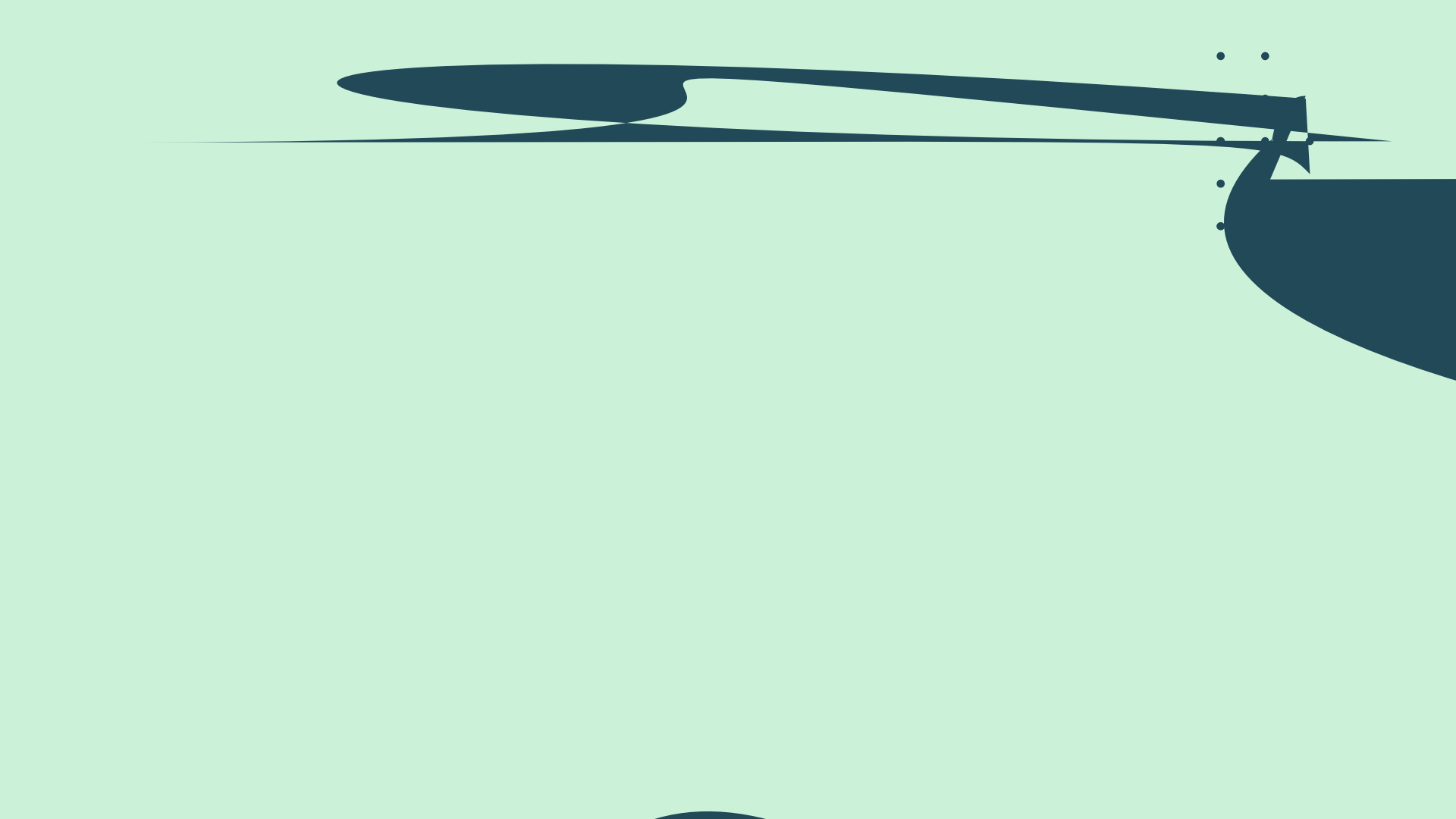
Structure your day

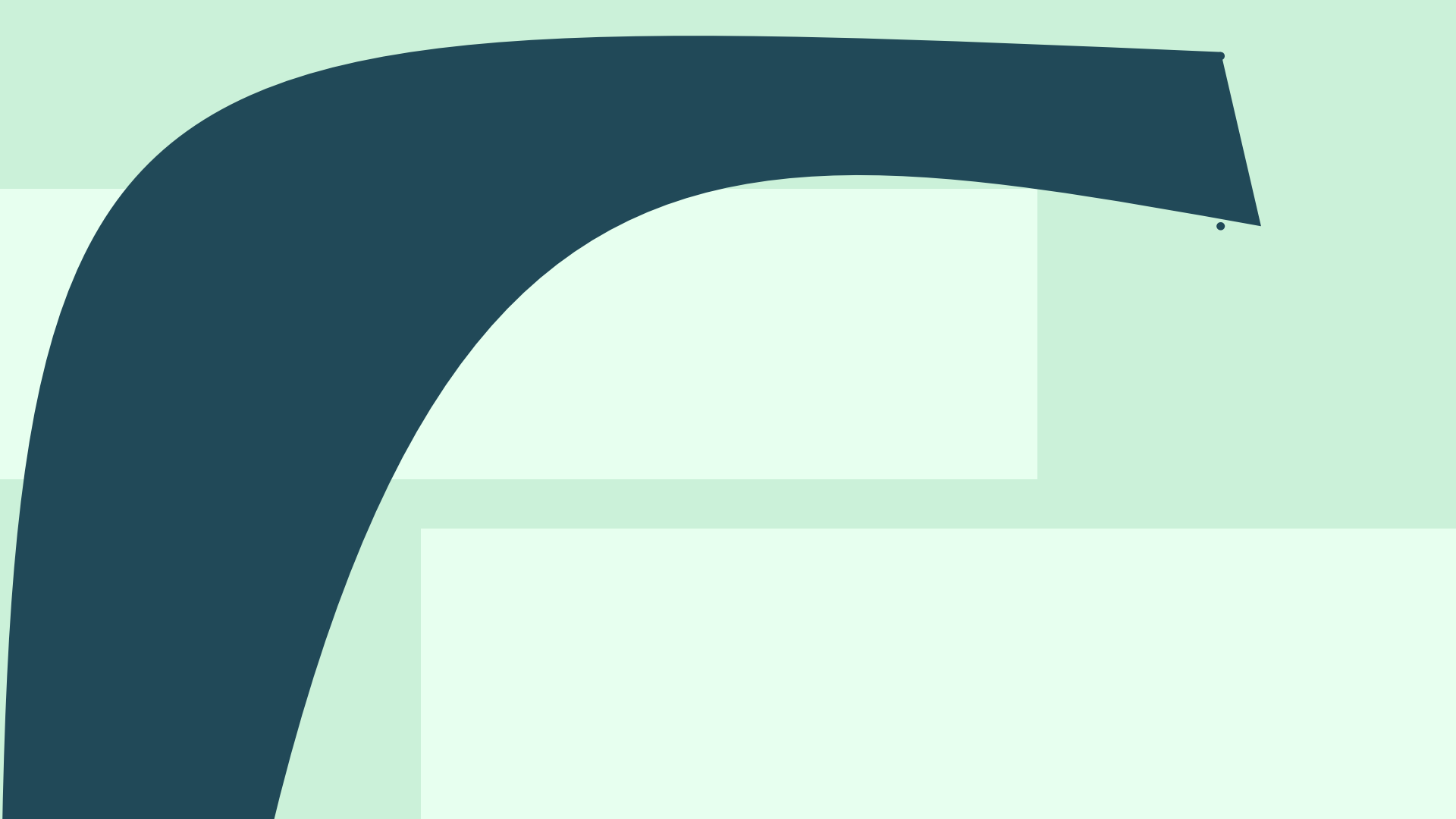
Trust the process

Reframe setbacks

Focus on now



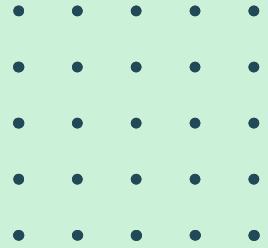




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Mindfulness

Tips to Practice Mindfulness



Choose to be present. Your mind will often wander. Practice returning to the present moment, over and over again.

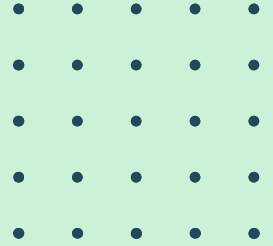
Observe. Notice internal & external experiences: thoughts, emotions, urges, and all five of your senses. Notice where your attention goes when your mind wanders.

Describe nonjudgmentally. Describe with your senses rather than judging as “good” or “bad.” “This coffee is bad” vs. “This coffee is cold and bitter.” Identify your thoughts as just thoughts - “I am having the thought . . .”

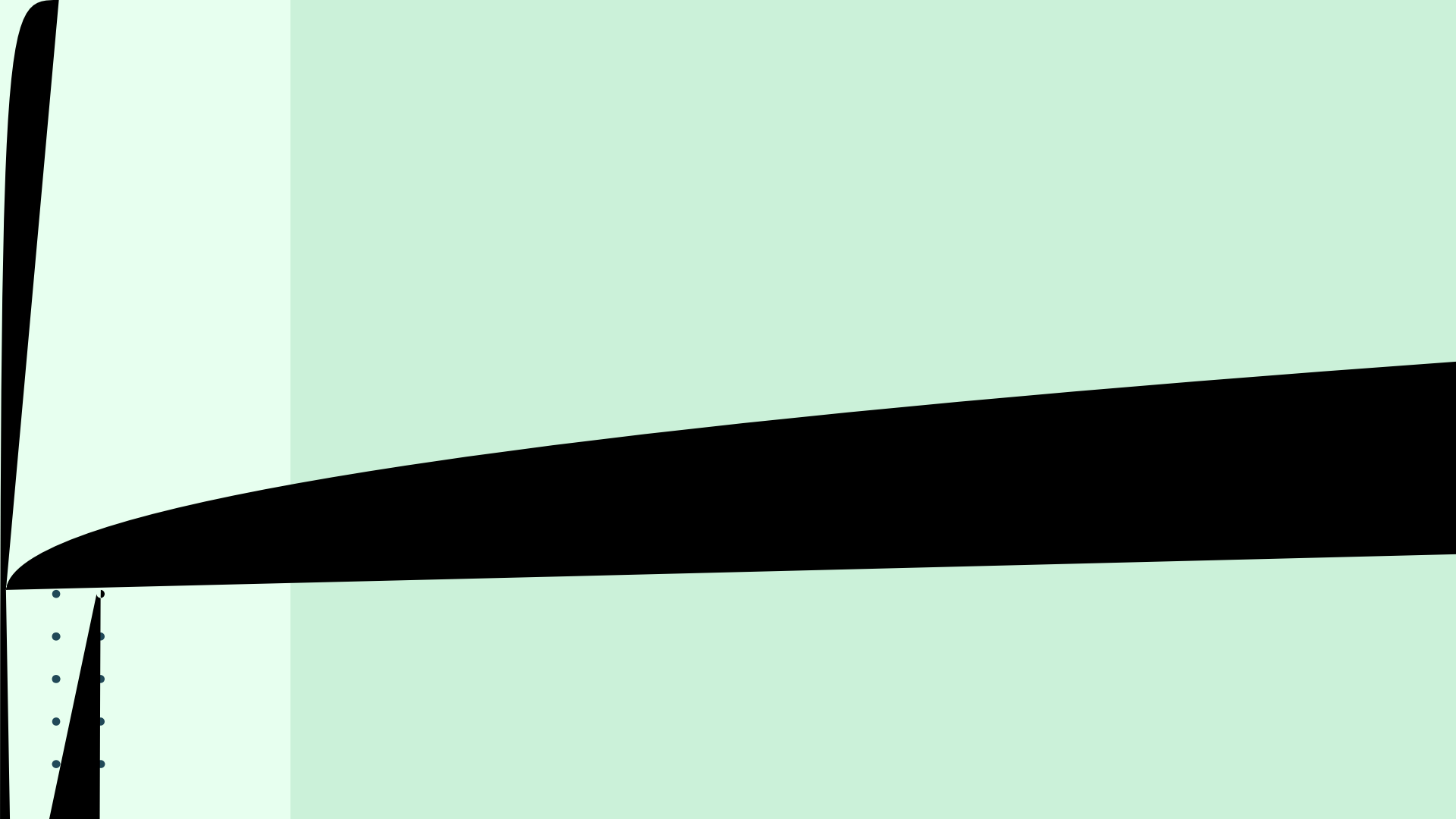
Participate. Participate by fully immersing yourself into the activities of the moment.

Mindfulness

One-Minute Mindfulness Exercises

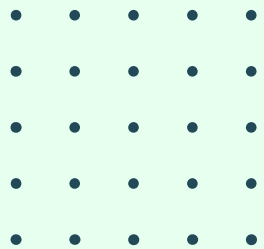


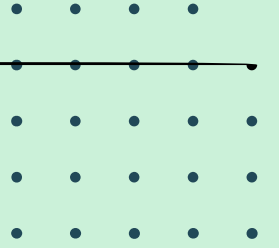
1. Take 2 “mindful” bites of your food - Instead of trying to eat everything mindfully, try to mindfully enjoy the first two bites of whatever you are eating (or first sips of something you drink).



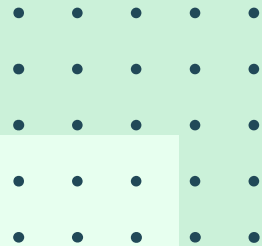
05. Reflect &

Debrief









Thanks for joining!

We hope to see you next week!

