

Exercises and Resources

A Day of Mindfulness:

- **Waking up:** Notice your breathing.
- **Showering:** Be open to all of your senses during your shower.
- **Walking:** Pay attention to the movement and skill of walking.
- **Lunch:** Slow down and taste your food.
- **End of work:** Reflect on your day. What was good about it? What could be done differently?

5 Steps to Self-Care

1. If it feels wrong, don't do it.
2. Say "exactly" what you mean.
3. Never speak badly about yourself.
4. Resist the need to always have control.
5. Stay away from drama and negativity as much as possible.

Source: Lessons Learned in Life

Grief and Inspiration:

Beyond the Cliff – Laura van Dernoot Lipsky

<https://www.youtube.com/watch?v=uOzDGrcvmus>

What Really Matters at the End of Life – BJ Miller

<https://www.youtube.com/watch?v=apbSsILLh28>

Happiness:

The Happiness Advantage: Linking Positive Brains to Performance – Shawn Achor

https://www.youtube.com/watch?v=GXY_kBVq1M

The Power of Vulnerability – Brené Brown

<https://www.youtube.com/watch?v=iCvmsMzIF7o>

Meditations:

http://mindfulnesscompassion.org/meditations_downloads.php

<https://www.tarabrach.com/guided-meditations/>

<https://www.youtube.com/watch?v=8HYLyujZKno>

Apps:

Insight Timer: Mindfulness meditation with bells.

Calm:

Yoga Studio

5 Minute Journal

Intend

Virtual Hope Box

Who to call when:

I'm feeling lonely and need to talk: _____ need company: _____

I need someone to get me out of the house for some fun: _____

I need a reminder to follow my self-care plan: _____

Positive Affirmations

Shift your internal dialogue from negative to positive!

- 1.
- 2.
- 3.
- 4.
- 5.

Inspiration

Places that inspire: _____

People that inspire: _____

Goals

Goal #1: _____

Steps: 1. _____ 2. _____ 3. _____

Goal #2: _____

Steps: 1. _____ 2. _____ 3. _____

Gratitude

I am grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.