

SAVASANA

**Lay on your back with your
palms facing up. Let your
legs fall gently to the side.
Close your eyes. Try to focus
all of your thoughts on your
breathing. Breathe deeply.**

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10 Words to Use Instead of BUSY?

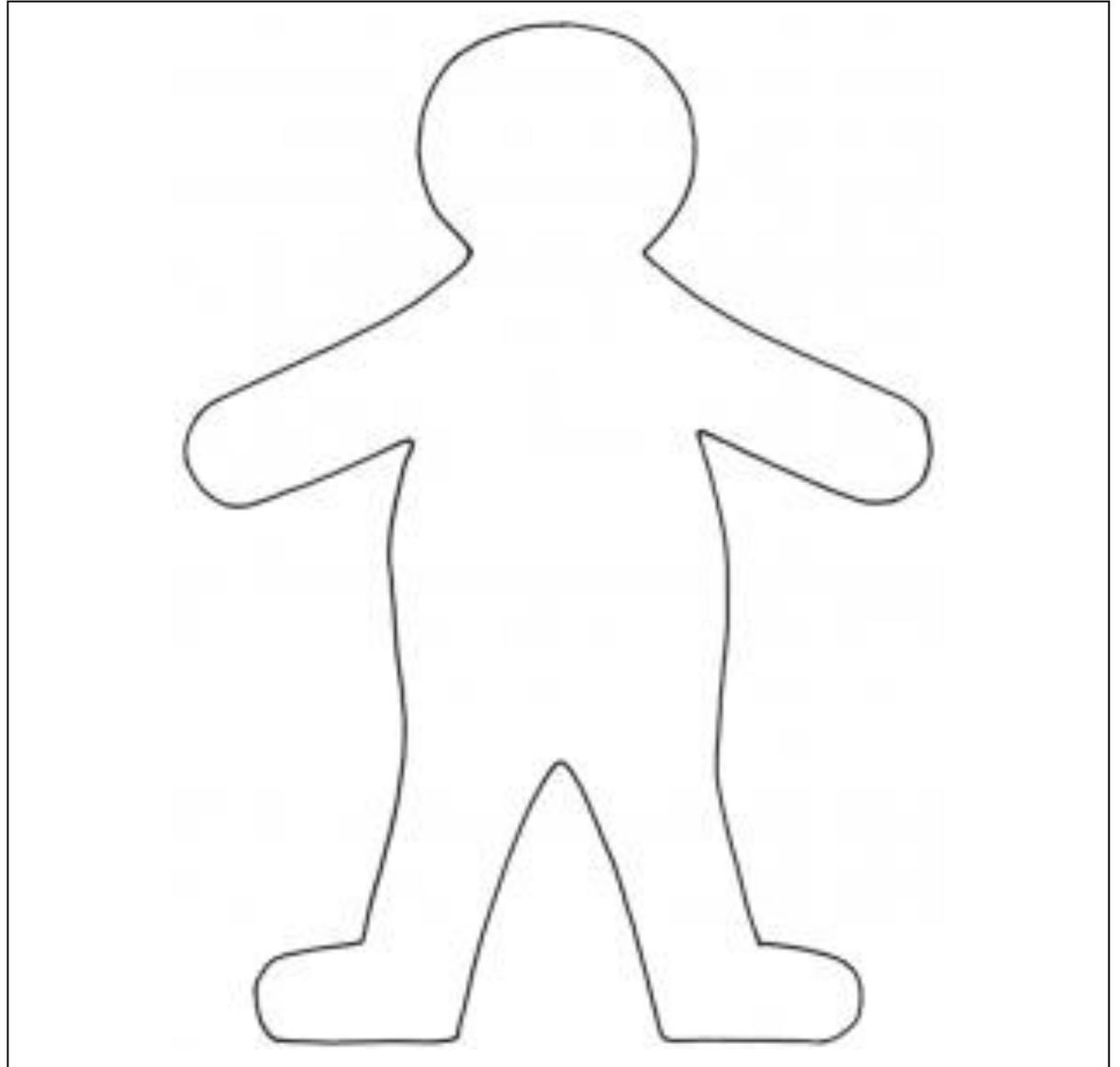
Changing our perspective on *busy* may involve changing our habits and reevaluating how we spend our time. It can also be as simple as changing the words we use when we're tempted to say "I'm so *BUSY!*!" The next time you're ready to use the word *busy*, see if one of the following phrases would work better. And if none of these words work for you when you're *busy*, it's worth spending some time to ask yourself why?

1. **Intentionally Full** - Can being *busy* mean that your life is rich and varied and you chose to have it that way? A lot of the things we complain about being *busy* with are things we intentionally and joyfully *chose* to bring into our lives — the houses we clean, the clothes we launder. Sometimes we need to reevaluate *how* we spend our time, and sometimes it's just about appreciating the amazing things we spend our time doing.
2. **Abundant** - Maybe a way to stop being *busy* is to realize we already have enough — enough furniture, enough clothes, enough activities.
3. **Rich** - See #1 and #2.
4. **Engaged** - When you're *busy* with work, be engaged with your work. When you're *busy* with your kids, engage with your kids. What often makes us feel *busy* is simply the sense that we should be doing something else.
5. **Wholehearted** - Perhaps we're *busy* because there's just so much we want to do! Do it with your whole heart.
6. **Captivated** - Maybe we're *busy* because our current task, although necessary, feels boring and mundane. With mindfulness, we approach life with the beginner's mind, with an open curiosity, as if we're seeing the world for the first time. Engage with your task as if you'd never done it before — some new, previously unnoticed aspect of it will certainly captivate you.
7. **Productive** - Take a moment to celebrate your work/ contributions. What you do matters!
8. **Resplendent** - Maybe being *busy* is about having amazing opportunity and potential. Can you see the splendid brilliance in your current task?
9. **Dynamic** - Being *dynamic* is about utilizing energy for effective and motivated action. In physics, it's about force and power. Instead of being *busy*, be *dynamic* — take inspired, thoughtful, effective action.
10. **Excited** - Change "I have to" to "I choose to,"

WHO are you?

Internal vs. External Self

1. Inside the person write down how you see yourself.
2. Outside the person write down how you think others see you.
3. Use the following list as a starting place for ideas of areas to explore:
 - Your Interests
 - Your Likes & dislikes
 - Your Strengths & weaknesses, talents & abilities
 - Your Values and beliefs
 - Your goals
 - Your Support systems (i.e family, friends, teams)
 - The Stressors you face in life
 - Coping strategies you use



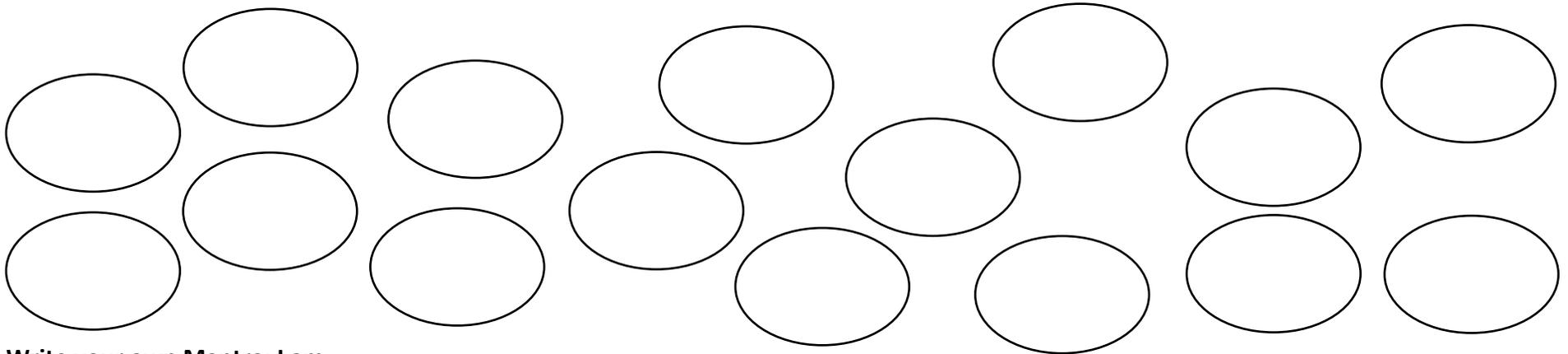
Write your MANTRA

What is a Mantra?

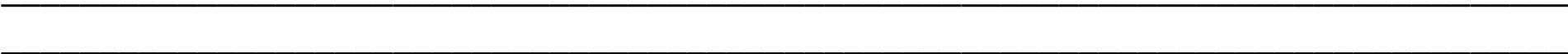
The word mantra has two parts: *man*, which is the root of the Sanskrit word for mind; and *tra*, which is the root of the word instrument. A mantra is therefore an instrument of the mind, a powerful sound or vibration that you can use to enter a deep state of meditation.

According to the Vedic tradition, the ancient sages were able to hear the subtle vibrations produced by everything in nature—the sounds of the wind, thunder, butterflies, rushing rivers and all other creations. They recognized that these sounds are the manifestation of spirit into matter. They identified “Om” (or aum) as the most elemental sound, representing the infinite universal consciousness. For thousands of years, people have used this mantra to expand their awareness of the divine.

What do you want for yourself?



Write your own Mantra: I am



FEEL GRATEFUL

**Think of all the things in your life that
you are grateful for... the sun, the
snow, your amazing friends and
family... 😊**

Write it all down!

Do a BODY SCAN

Lie on your back, legs uncrossed, arms relaxed at your sides, eyes open or closed. Focus on your breathing, allowing your stomach to rise as you inhale and fall as you exhale. Breathe deeply for about two minutes, until you start to feel comfortable and relaxed.

Turn your focus to the toes of your right foot. Notice any sensations you feel while continuing to also focus on your breathing. Imagine each deep breath flowing to your toes. Remain focused on this area for one to two minutes.

Move your focus to the sole of your right foot. Tune in to any sensations you feel in that part of your body and imagine each breath flowing from the sole of your foot. After one or two minutes, move your focus to your right ankle and repeat. Move to your calf, knee, thigh, hip, and then repeat the sequence for your left leg. From there, move up the torso, through the lower back and abdomen, the upper back and chest, and the shoulders. Pay close attention to any area of the body that causes you discomfort.

Move your focus to the fingers on your right hand and then move up to the wrist, forearm, elbow, upper arm, and shoulder. Repeat for your left arm. Then move through the neck and throat, and finally all the regions of your face, the back of the head, and the top of the head. Pay close attention to your jaw, chin, lips, tongue, nose, cheeks, eyes, forehead, temples and scalp. When you reach the very top of your head, let your breath reach out beyond your body and imagine hovering above yourself.

After completing the body scan, relax for a while in silence and stillness, noting how your body feels. Then open your eyes slowly. Take a moment to stretch, if necessary.

Mindful Eating Practice

Place the selected food on a plate.

Look at the (food). What is its shape? What size is it? What color is the (food)? What smell do you notice? What sensation do you notice in your mouth as you look at the (food)? What's the feeling in your stomach? Pick up the food slowly. Hold the (food) in your fingers and look at it in your grasp. What does the (food) feel like in your hand: its texture, temperature?

Bring the (food) slowly to your lips. Before putting the food to your mouth, pause and be aware of what you are experiencing in your mouth. Slowly open and place the (food) on your tongue for a moment without biting into it. Feel what your mouth wants to do with this (food). Take a few moments before you bite into it. Feel its texture on your tongue and in your mouth. What do you taste?

Now bite into it noticing what you taste and what it feels like? As you continue to taste, try not to swallow the (food) right away. Does the taste and feeling change as you are chewing? Feel the food going down as you swallow. Refocus on your mouth. Notice your stomach and what it may be feeling. Notice what you are feeling?