

WEEKLY WELLNESS MOMENTS



WEEK OF

Right now, you are essential! You are working on the front lines, making sure our most precious resource, our children, are doing well. Any change in a person's routine causes some sort of stress. This is happening right now for both you and your families. It is imperative that you check in with yourself daily and make sure you are mindful of self-care. Here are some simple, daily one-minute mindfulness activities. Remember, you are important to lots of people right now, but you can't help anyone unless you help yourself first. Make yourself a priority.

MON

Breathe and stretch.

Taking deep breaths gives our body air and brings down our heart rate. Even if you don't notice it, stress can sometimes elevate our heart rate. Try to take a one-minute break every hour to slow down your breathing. Take a deep breath and exhale while slowly counting to 10. When you are done, stand up and reach for the sky. Your body will feel relaxed and you are ready to go back and change the world!



TUES

Mindfully eat a tiny snack.

Treat yourself to a portion of your favorite healthy snack. There are certain foods/snacks that bring us joyful memories. Take a minute mindfully eat a portion of your favorite snack. You can also choose to eat a small piece of fruit such as a strawberry or a raisin or a piece of chocolate. Notice its shape, notice its smell, feel it in your hand. Slowly bring it to your mouth and take a small bite. Savor the taste and use all your senses to enjoy your snack. Close your eyes and enjoy your snack.



WED

One-minute positive meditation.

For one minute, repeat "I deserve to be happy, I am happy, I deserve to be loved, I am filled with love, I deserve kindness, I am filled with kindness. I am in the perfect situation, I find solutions to all situations, I learn and understand things fast, I am filled with energy, I am healthy and wealthy. Every day things are getting better, I am filled with energy, love and kindness"



THURS

Be grateful.

Our thoughts can often lead us through many paths. Stop and recognize the thoughts that you are having, notice them and set them aside. Replace these thoughts with a series of thoughts that express gratitude. Close your eyes and slowly open them. Look around you and think about what you feel grateful for. Begin with the following "I am grateful for waking up this morning. I am grateful for a new day, I am grateful for the air my body can breathe, I am grateful for having access to clean water to drink, I am grateful for ... fill in the blank.



FRI

Give yourself a hug.

Give yourself a big hug. Often we forget to give ourselves love. We are hardest on ourselves and we demand so much of ourselves, in particular during challenging times. No matter what the situation is you will prevail.

Take a minute to give yourself a tight hug. One of our human needs is love and we need love from ourselves too.

