



### Which are you? Mindful or Mindfull? What you focus on grows.

- \* **Breathe First!** Balancing breath 5.5 counts inhale through the nose, 5.5 counts to exhale through the nose.
- \* Grounded position: feet flat on the floor, connect hands on the lap
- \* What Went Well? Daily ask your friends, your family
- \* Acts of Kindness, without outcome
- \* **Respond instead of React: take a breath then respond,**
- \* **PBR Pause, Breath, Respond**
- \* Cultivate the Grateful flow
- \* Monitor your own behavior first
- \* Calming breath: 4 counts to inhale through the nose, 6 to 8 to exhale through the nose. Pre- workout, Post workout.
- \* Connect with nature
- \* 5 fingers breathing and 5 fingers affirmations
- \* Collective Community Connection, your family, your school, your community
- \* Start fresh after a mistake, Reset with a slowing down breath. 4 to inhale, 6-8 exhale.
- \* Use your senses: 3 things you see, 3 things you hear, 3 things you touch
- \* See each other, hear each other, validate each other
- \* Neuroplasticity: retrain your brain
- \* Clark Kent all day long, Superman only when you are in danger, flight, fight or freeze. Your brain: Pre frontal cortex = thinking, amygdala = danger, hippocampus = stored memories
- \* Foster Self-compassion, you are your best friend.
- \* What are your strengths? Choose 3 and say them every day for 3 weeks. Create the habit of acting from your strengths
- \* *SMILE! 20 seconds releases endorphins*
- \* Sleep routine, progressive relaxation, 4 square breathing
- \* Worry time. Set aside a specific time to worry. Not all day, if those nagging thoughts come in, acknowledge them and remind them you will worry at 4:00 or your choice of time. Of course, not at bedtime!
- \* Practice daily
- \* **Move every 30 minutes!** \* 30-second stretch\* Stand and focus, 4 directions
- \* Swing your arms for 2 minutes\* Shake it out\* Take a short, slow walk
- \* Healthy relationships most important aspect of happiness.