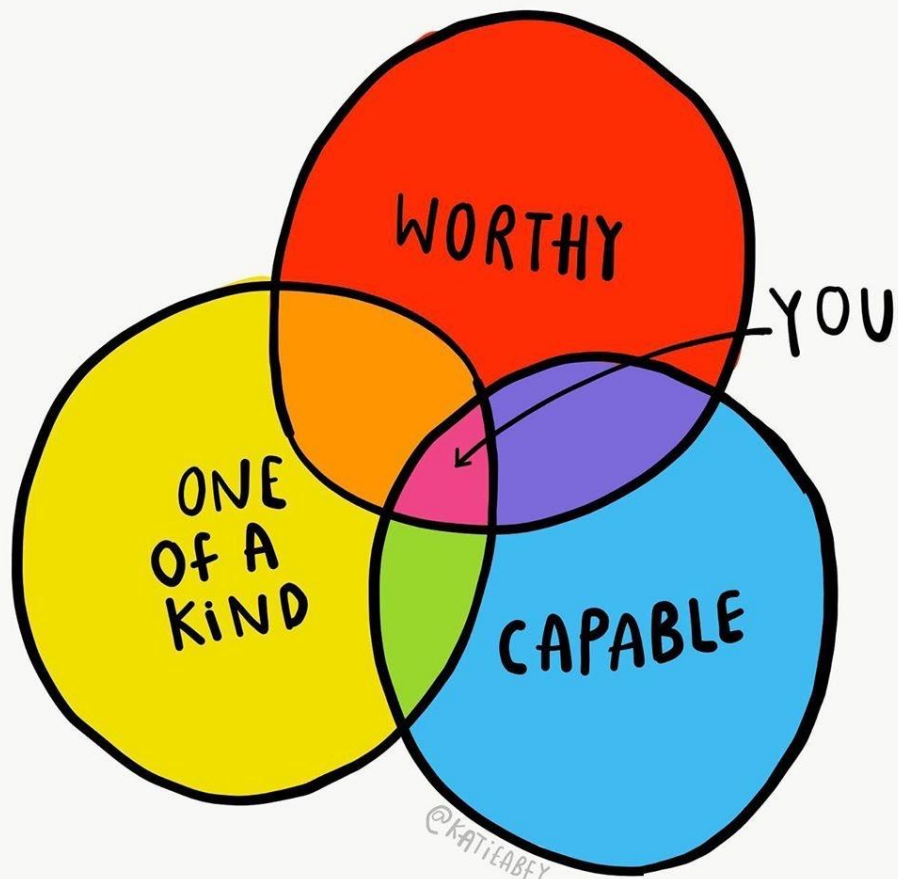


**Make time
for self-care.
Do something
kind for
yourself**

ACTION FOR HAPPINESS

#ActiveCopingApril



@KATIEABEY

Where is your energy? If you find yourself in the Red or Blue zone, that's okay...it's okay to feel...feel it, name it, then try one of the coping skills from the Coping Skills Slide or try one of the meditations or mindful techniques in this slide.

Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	O	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	O	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	D	Pleasant	Joyful	Proud	Blissful
M	O	O	D	M	E	T	E	R
Disgusted	Disappointed	Glum	Ashamed	E	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	T	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	E	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	R	Relieved	Restful	Tranquil	Serene

*The Mood Meter is a tool used in the Yale Center for Emotional Intelligence's RULER program.

Mindful techniques

PUT IT IN NEUTRAL: TO PUT YOURSELF IN NEUTRAL, YOU HAVE TO FIND STILLNESS TO OBSERVE YOURSELF AND WHERE YOU'RE CURRENTLY SITUATED IN THE WORLD:


https://info.responsiveclassroom.org/hubfs/Mindfulness_Activity_Adults_v1.pdf?utm_campaign=COVID-19%20Resources&utm_source=hs_email&utm_medium=email&utm_content=86151014&_hsenc=p2ANqtz--C0ZTUIFpSNsBCloD8w8tH6JANt_Hz4OGwV5etnQZ36J6QqDt739UNwuCLQpmW-zxfInfJLsJ2uvX-PDicWHkxU0xNowBsxbEdeqWOvg9dWZzoQk&_hsmi=86151014

RESET EXPERIENCES: TO RESET EXPERIENCES IS TO ADOPT A LEARNING PERSPECTIVE, ONE THAT IS OPEN TO NEW PATTERNS AND FINDING NEW LENSES WITH WHICH TO SEE THE WORLD

https://info.responsiveclassroom.org/hubfs/Mindfulness_Activity_K-4_v2.pdf?utm_campaign=COVID-19%20Resources&utm_source=hs_email&utm_medium=email&utm_content=86151014&_hsenc=p2ANqtz--C0ZTUIFpSNsBCloD8w8tH6JANt_Hz4OGwV5etnQZ36J6QqDt739UNwuCLQpmW-zxfInfJLsJ2uvX-PDicWHkxU0xNowBsxbEdeqWOvg9dWZzoQk&_hsmi=86151014

TO LIVE IN THE MOMENT IS TO SAVOR THE WORK AND VALUE THE DAILY PROCESS IT TAKES TO ACHIEVE A GOAL

https://info.responsiveclassroom.org/hubfs/Mindfulness_Activity_5-8_v1.pdf?utm_campaign=COVID-19%20Resources&utm_source=hs_email&utm_medium=email&utm_content=86151014&_hsenc=p2ANqtz--C0ZTUIFpSNsBCloD8w8tH6JANt_Hz4OGwV5etnQZ36J6QqDt739UNwuCLQpmW-zxfInfJLsJ2uvX-PDicWHkxU0xNowBsxbEdeqWOvg9dWZzoQk&_hsmi=86151014



Remember that
all feelings
and situations
pass in time



Try these mindful techniques

<https://www.mindfulschools.org/inspiration/5-mindful-movements-for-our-classroom/>

*Try the quarter exercise with someone at home...

Have you tried...breathing techniques?



1. Take the forefinger of your right hand
2. Trace slowly around the edges of your left hand.
3. When your finger moves to the tip of a finger, breathe in.
4. When your finger moves towards the palm, breathe out.

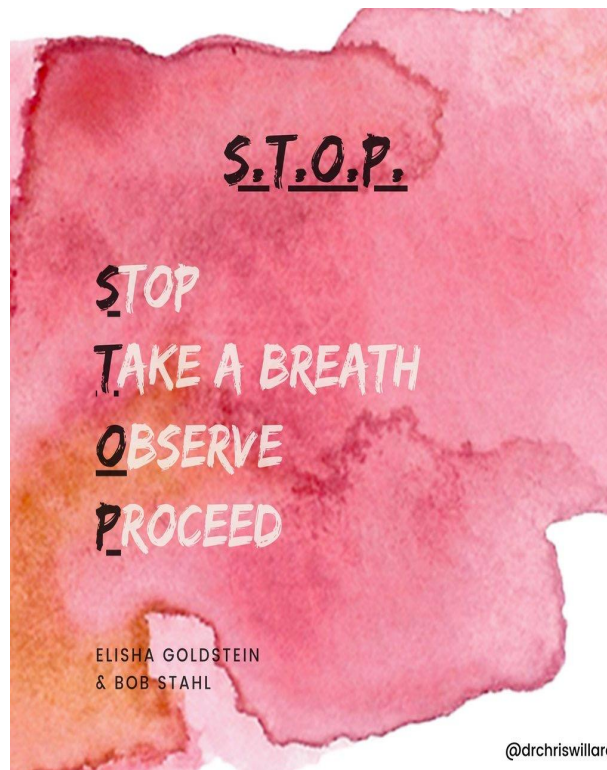
S To begin, the “S” stands simply for **stop**. Literally. Just stop what you’re doing, whether it is typing or rushing out the door. Give yourself a moment to come to rest, pause, and collect yourself.

T The “T” stands for **take** a conscious breath. Now that you’ve paused, take a deeper breath, or two, allowing yourself to feel the expansion of the belly as you breathe deeply. Notice the sensations of being here, now. As you do so, it may help to bring your attention to the sensations of your feet meeting the floor. Feel the support of the ground and of your own relaxing breath as you do so.

O The “O,” stands for **observe** what’s arising in you, including any thoughts, emotions, or bodily sensations (such as tension, butterflies, tightness in the jawline). Broaden your awareness to take in the circumstances. Notice how you can be in this situation without being ruled by it. For added support, offer self-compassion as you release tension and stressful thoughts. As you calm down, open to the choices you have in terms of how best to move forward from here.

P

Finally, the “P” reminds you to simply **proceed** with intentionality, taking the next step in your day from this place of strength, wisdom, and presence.



TRY THIS MEDITATION AND PRACTICE

https://ggia.berkeley.edu/practice/how_would_you_treat_a_friend

https://ggia.berkeley.edu/practice/loving_kindness_meditation



When you hear yourself
saying "I should..."

STOP and THINK.

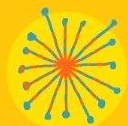
Is that your belief?
Or is it someone else's?

mellow doodles

MAY MENTAL HEALTH MONTH

Meditation Challenge

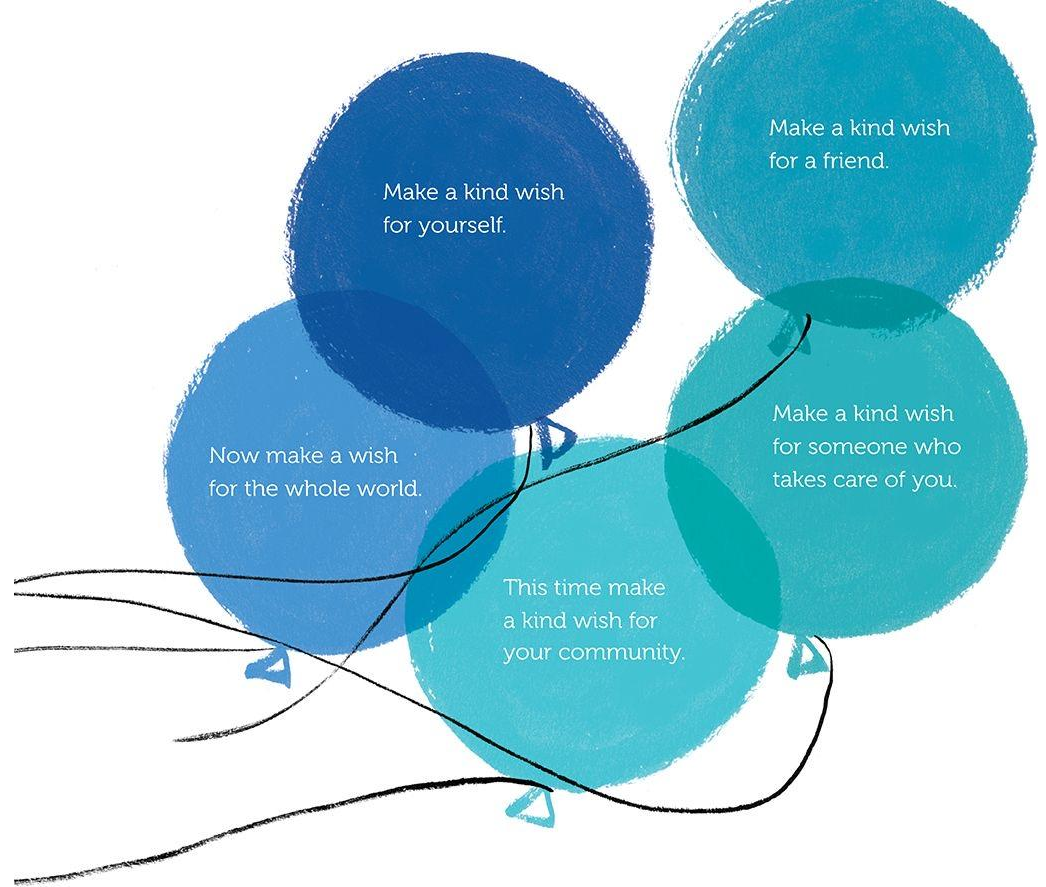
Inspiration for every day.



mghealthcenter.org

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Set a goal: What is your meditation goal for this month?	2 Keep in mind: Even 10 minutes makes a difference.
3 Start your morning with 10 deep breaths.	4 Search for the perfect place to sit. ←	5 What is something that makes you feel calm? <i>Children's</i>	6 Meditation is a human super power! <i>Mental Health Week</i>	7 When you're very quiet, what sounds do you hear?	8 Spend time thinking about someone you love. →	9 What is something you are thankful for?
10 Word of the week: Nature	11 "The breeze at dawn has secrets to tell you." ~ Rumi	12 Reminder: Put on your own oxygen mask first.	13 "Nature does not hurry, yet everything is accomplished." ~ Lao Tzu	14 Focus on: A scene from nature.	15 "Each morning we are born again." ~ Buddha	16 Recall: Most calming nature experience this week?
17 Word of the week: Peace	18 "Each moment is all we need, not more." ~ Mother Teresa	19 Reminder: Thoughts are not facts.	20 "Peace comes from within. Do not seek it without." ~ Buddha	21 Focus on: Calming sounds.	22 "Be soft. Do not let the world make you hard." ~ Iain Thomas	23 Recall: In what did you find peace this week?
24 Word of the week: Still	25 "Quiet the mind and the soul will speak." ~ Ma Jaya Sati Bhagavati	26 Reminder: All of your feelings are valid.	27 "To the mind that is still, the whole universe surrenders." ~ Lao Tzu	28 Focus on: Simply being.	29 "Being mindful means that we suspend judgment for a time..." ~ Mark Williams	30 Recall: How did your mind and body feel after being still?
31 Word of the week: Gratitude Thank you for joining us in this journey.						

MAKE BALLOON WISHES FOR YOURSELF
AND OTHERS....DRAW THEM IN A
NOTEBOOK OR PIECE OF PAPER...OR
JUST THINK THEM IN YOUR MIND...



#TheBreathingBook



Focus on what
you can do
rather than what
you can't do

ACTION FOR HAPPINESS

#MeaningfulMay



