Mindfulness

Mindfulness is paying full attention to our:
Thoughts
Emotions
Body
Environment

Focusing on the present:
The past already happened
The future isn't here yet

heal+h. moves. minds."

Kind messages/compliments



Genuine

True

Specific



Equity



Equity is the quality of being fair and impartial.



Diversity

Diversity is a range of differences that make us unique. For example:

- Race
- Physical ability
- Religion
- Mental ability
- Language

- Nationality
- Gender
- Sexual orientation
- Age
- Socio-economic status



Inclusion



Inclusion is being included within a group.

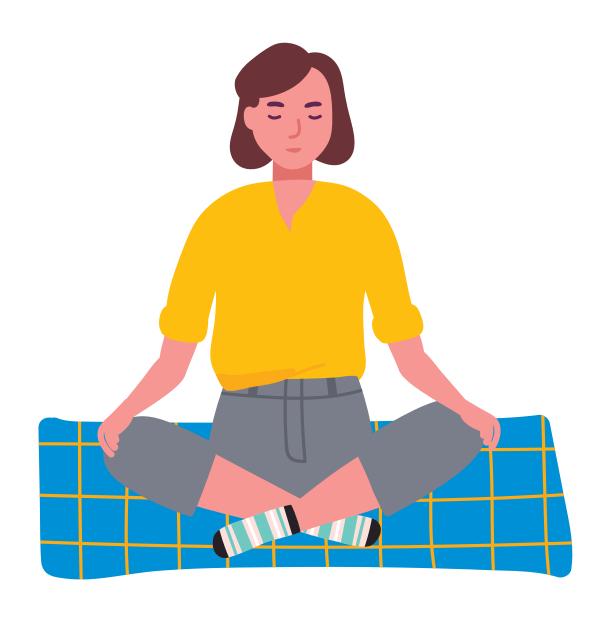


Mindful Senses

5 things you can see.4 things you can feel.3 things you can hear.2 things you can smell.1 thing you can taste.



Mindful Minute



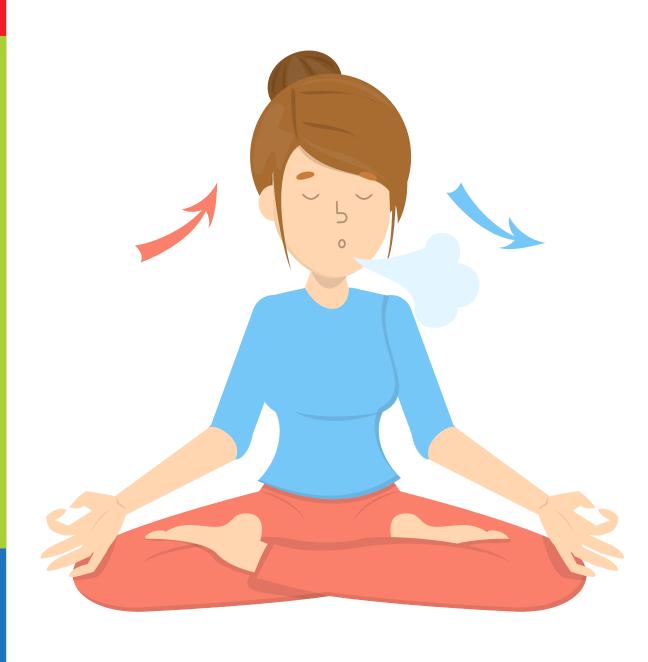
Close your eyes.

Focus on breathing.

Notice what is around you.



Better Breathing



Take a deep breath in, so deep your stomach pokes out.

Count to 4 as you breathe in slowly and deeply.

Count to 4 again as you exhale slowly and quietly.



Muscle Relaxation



Start at your head and work down to your feet.

Squeeze each muscle tight and hold that position.

Relax the muscle.

