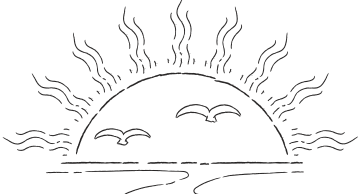


# TAKE MINDFUL MOMENTS

*GIVE YOURSELF A BREAK*

## JUST OBSERVE



Take a moment each morning to just notice how you're feeling. If you're able to, step outdoors at first light and listen to the sounds of nature.

## STRETCH



See handout on standing sun salutations. No yoga skills needed.

## JOURNAL

Write from the heart daily. There's no wrong way to journal. Spelling does not count!



## VISUAL CUES

Post your favorite words of encouragement where you can view them regularly.

YES  
YOU  
CAN

## TAKE RECESS



Step away from work at least once every 60-90 minutes. Take a break for at least 30 minutes to eat and/or walk outdoors. Remember how you looked forward to this as a child?

You'll be more productive!

## FOCUS ON YOUR FOOD

Savor the flavor, color and texture of your food. Step away from TV & computer to fully enjoy..



## FOCUS ON THE GOOD

There really is power in positive thinking. From neuroscientist Dr. Caroline Leaf:

*The way you think is actually going to change the way your brain functions.*



## BREATHE

Take 1 to 5 minute breaks to simply sit and breathe deeply!



I personally struggle with this one!

Make it a great day!

*Lori Dee*