Week 3 - OYOPS On Your Own Practices

1. Try PNF

* Notice your thoughts … are they in the Past, Future or Present (Now) – Notice if they are harmful or helpful to you, and if harmful can you “let it go” and bring yourself back to the present moment.

\*Don’t Feed “negative thoughts”

* Try the 4 steps towards quieting your mind (Pause, Recognize, Calm Mind, Choose how to respond)

1. Technology Challenge – Give yourself a break!

* Pick one day this week and don’t watch TV, don’t go on social media, don’t check IPhone
* Journal how this felt.

1. Get Enough Sleep –

* Begin developing a healthy sleep routine.
* Start earlier, read, journal, meditate, shower, yoga, spend time with family, turn technology off at least 1 hour before bedtime

1. Complete the *Eating Mindfully Worksheet* and the *Exercising Mindfully Worksheet -* 1 day this week each (page 49/page 50)
2. Complete 5-Minute Journal or Journal on your own
   * 1. 3 things you are grateful for
     2. Kind words to yourself
     3. 3 Wins of the day
3. Continue with Wellness Log

* Exercise, Physical Activity, Sleep, use of Technology, Meditation
* Meditation
  + - Try different Meditations
      * Body Scan
      * 10 breath Breathing – awareness of body, breath and mind
      * Drop into a mindful moment
      * 5 senses
      * Eating mindfully
      * Glitter Jar
      * Mindfulness with an everyday activity – using your 5 senses

6. Work on a new Mindful Quality (page 55)