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)