Week 3 - OYOPS On Your Own Practices

1. **Try PNF and then S.T.O.P.**
* 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”

* STOP: **Stop**, **Take** 2-3 breaths, **Observe**/notice thoughts, emotions and body sensations (red flags) and then pay attention to breathing or to 5 senses, **Proceed** more thoughtfully!
1. **Technology Challenge**
* 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 Journal**
	* 1. 3 things you are grateful for
		2. Kind words to yourself
		3. Intention for the Day
		4. 3 Wins of the day
		5. Reflection on **Mindful Quality pg 55:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. **Continue with Wellness Log**
4. **Try different Meditations**
	* + - Body Scan
			- 10 breath Breathing – awareness of body, breath and mind
			- 4-Minute meditation
			- Drop into a mindful moment – 5 senses/everyday activity
			- 5 senses
			- Eating mindfully
			- Glitter Jar
5. **Wellness Log and Self-Care:**