On Your Own Practices – OYOPS

* Practice Self-Care – Tips to Decrease Stress

1. Technology Challenge
2. Exercise- Physical Activity Challenge
3. Meditation/Mindfulness Challenge
4. Journaling Challenge
5. Positivity - “Notice and Reflect on the Positive” Challenge
6. Healthy Eating Challenge
7. Kindness to Self Challenge
8. Abundant Friendliness/Kindness to Others Challenge

* Do It Mindfully Worksheet **page 34**
* Bringing Awareness to “Narratives” and Harmful Judgments **page 82**
* Try N.I.P.R. this week **page 66**

**N**otice, **I** am in control, **P**ause (notice my breath use and/or my 5 senses) and Reframe/**R**espond

* Work on Mindful Quality of the Week:

NON-JUDGEMENT