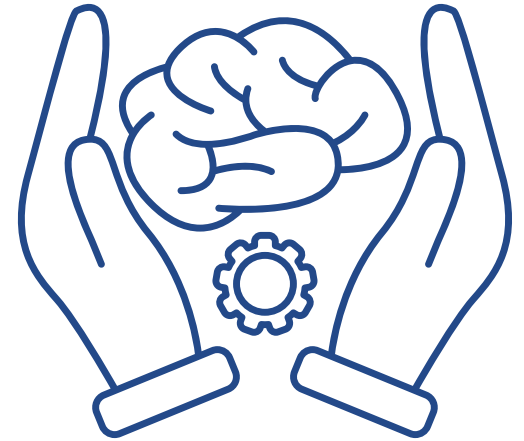


PRACTICES

we can keep



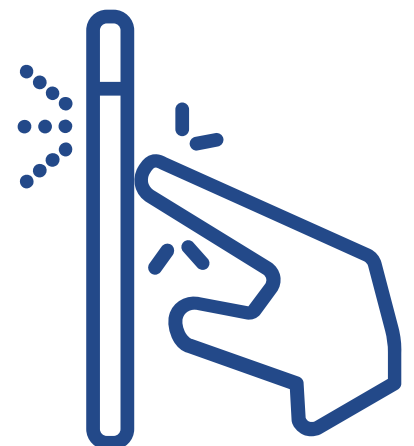
One-Minute Strategies

In the last 5 weeks, together as a family we have explored **Gratitude, Kindness, Feelings & Sensations** and **Interdependence**. This last week, we bring to you practices that are **SHORT, SIMPLE and EASY** to do on our own.

These practices can be helpful to **restore your energy** and **return you to your resilient zone**.

1 1-minute Grounding:

- Bring a part of your body in contact with a **surface**. (Sitting, standing, sleeping, touching, hugging etc.)
- Change your posture or make contact with a physical object that you think could make you feel more **grounded**.
- Notice what you feel on the inside. If you **notice a pleasant or neutral sensation** in your body, pay attention to that part of your body or sensation for another 10-15 seconds.
- You can also refer to some of the Help Now strategies to ground yourself.



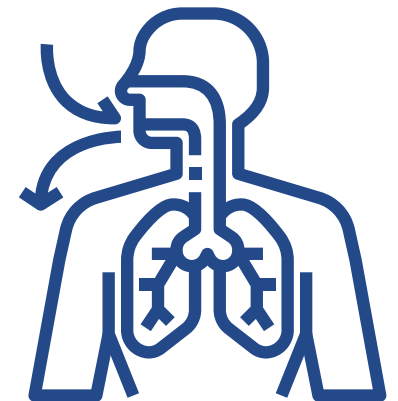
2 1-minute Self-Compassion:

- Adjust your posture to one that is most comfortable and take 10-20 seconds to **ground** (become aware of the way your body is supported) or resource (bring something to mind that makes you feel better or safer).
- Now spend a few seconds to become **aware** of your natural wish for **well-being** and to be free of distress and unwanted hardship.
- Remember that everyone goes through difficult times, but things are always in a constant process of change.
- Consider if you are pushing yourself too hard or with unrealistic expectations...something you wouldn't do to a good friend.
- What kind and wise thing might you say to help such a friend if they were in your situation now?
- Conclude by taking a moment to send yourself positive, healing thoughts and energy in any way that feels best for you.



3 1-minute Mindfulness on the breath:

- Take 10-20 seconds to **ground** yourself – Bring a part of your body in contact with a surface. (Sitting, standing, sleeping, touching, hugging etc.)
- Adjust your posture to one that is most comfortable and become aware of the way your body is supported.
- Allow your mind to just observe your breath coming in and out in a relaxed manner.
- You can think “**I am breathing in**” when you breathe in, and “**I am breathing out**” when you breathe out.
- If you get distracted, just return your mind to the breath.



4 1-minute Compassion:

- Adjust your posture to one that is most comfortable and take 10-20 seconds to **ground** or resource yourself.
- Bring to mind a person to whom you would like to send love and compassion.
- Take a moment to recognize them as a human being just like yourself, who wants happiness and doesn't want distress and unwanted hardship and bring to mind their hardships of the past, present or future.
- Now send them your love and compassion in whatever way feels best to you.
- Imagine saying to them, **"I wish you happiness and freedom from all suffering."**



Meaning Making

- 1 Each member of the family can try all the 1 minute practices. Now pick 1-2 practices that work well for you.



- 2 Share with your family the practices that help you.

- 3 Don't forget to fill out the table, like before for each new strategy!

- 4 Can you think of practises that may not be mentioned here but work for you?



Expression of Culmination

☆ This is the BEGINNING!!! That's how Week 6 is different. The idea behind all the practices is to:

***Notice** what you feel on the inside.
***Maintain** an ongoing practice and cultivate newer ones to help you **come back** to your **RESILIENT / OK ZONE** and stay there for longer periods without getting bumped off as often.

High Zone

Resilient / OK Zone

Low Zone

☆ You can choose to maintain a daily reflection journal keeping in mind the above prompts.