

August

Theme: Peace of mind

MON	TUE	WED	THU	FRI
				<div>1</div> <div>Breathing Exercise: Focus your attention on your breathing and take 3 deep, slow breaths.</div>
<div>4</div> <div>Reflection: What is my body telling me today? Pay attention to any physical sensations, feelings, thoughts, and images</div>	<div>5</div>	<div>6</div> <div>Live Class: Finding Your Sense of Belonging</div>	<div>7</div>	<div>8</div>
<div>11</div>	<div>12</div> <div>Body Scan Exercise: Pay attention to each part of your body from your toes to your head. Where do you carry stress in your body?</div>	<div>13</div>	<div>14</div> <div>Live Class: Cultivating Work Life Balance</div>	<div>15</div> <div>Reflection: Identify your top stressor this week. What is in your control, and what is out of your control?</div>
<div>18</div> <div>Place your right hand on your heart and say outloud to yourself: I am worthy of care and attention. I deserve kindness today.</div>	<div>19</div>	<div>20</div> <div>Reflection: Identify one thing you can do that feels good for your body today (take a warm bath, exercise, take a nap).</div>	<div>21</div>	<div>22</div>
<div>25</div>	<div>26</div>	<div>27</div> <div>Mindfulness Exercise: Notice 3 things you can see, 2 things you can touch, 1 you can hear</div>	<div>28</div> <div>Live Class: Learning to Rest, Relax, and Play</div>	<div>29</div> <div>Reflection: How can you incorporate play into your upcoming weekend?</div>