




   **Reflect and meditate**   

Mindfulness practice to make space for rest and relaxation

For this practice you will need:

 A journal or paper and something to write with


 A safe place to sit and meditate

 An open mind and positive attitude

Journal

 3 things I accomplished this week

 3 things that brought me joy this week

 3 things I am grateful for

Guided Meditation

Breathing in I receive nourishment, breathing out I release.
Breathing in I take in courage, breathing out I let go of sadness.
Breathing in, I take in peace, Breathing out, I let go of anxiety.
Breathing in, I take in gentleness, breathing out I let go of anger.
Breathing in, I take in openness, breathing out I let go of worry.
Breathing in, I take in calm, breathing out I let go of fear.
Breathing in and out, I notice my life energy.
Breathing in and out I am safe, I am joyful and I am grateful in the present moment.

Home Practice Suggestions:

- Continue to journal daily or weekly on joy, gratitude and accomplishment.
 - Practice the guided meditation for yourself and share it with one friend or family member
 - Make the time and space in your daily routines to sit silently and focus on your breath
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