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MINDFULNESS

STEPPING IN: AN INTRODUCTION



THE RESILIENCE SKILL SET

Adapted from Penn University



TAKE ONE CAPSULE DAILY

ON AN EMPTY STOMACH WITH WATER AND SIT OR LIE DOWN FOR 10 MINUTES AFTER TAKING.



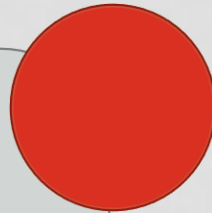
What would you pay?



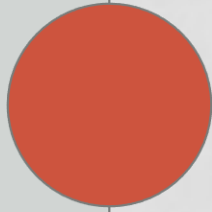
STOP

Adapted from Centre of Mindfulness, University of Massachusetts

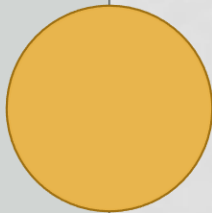
Interrupt the
'auto-pilot'
pause,
reflect,
consider,
respond.



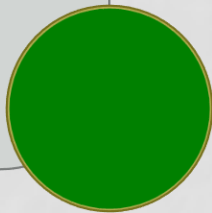
Stop



Take a breath



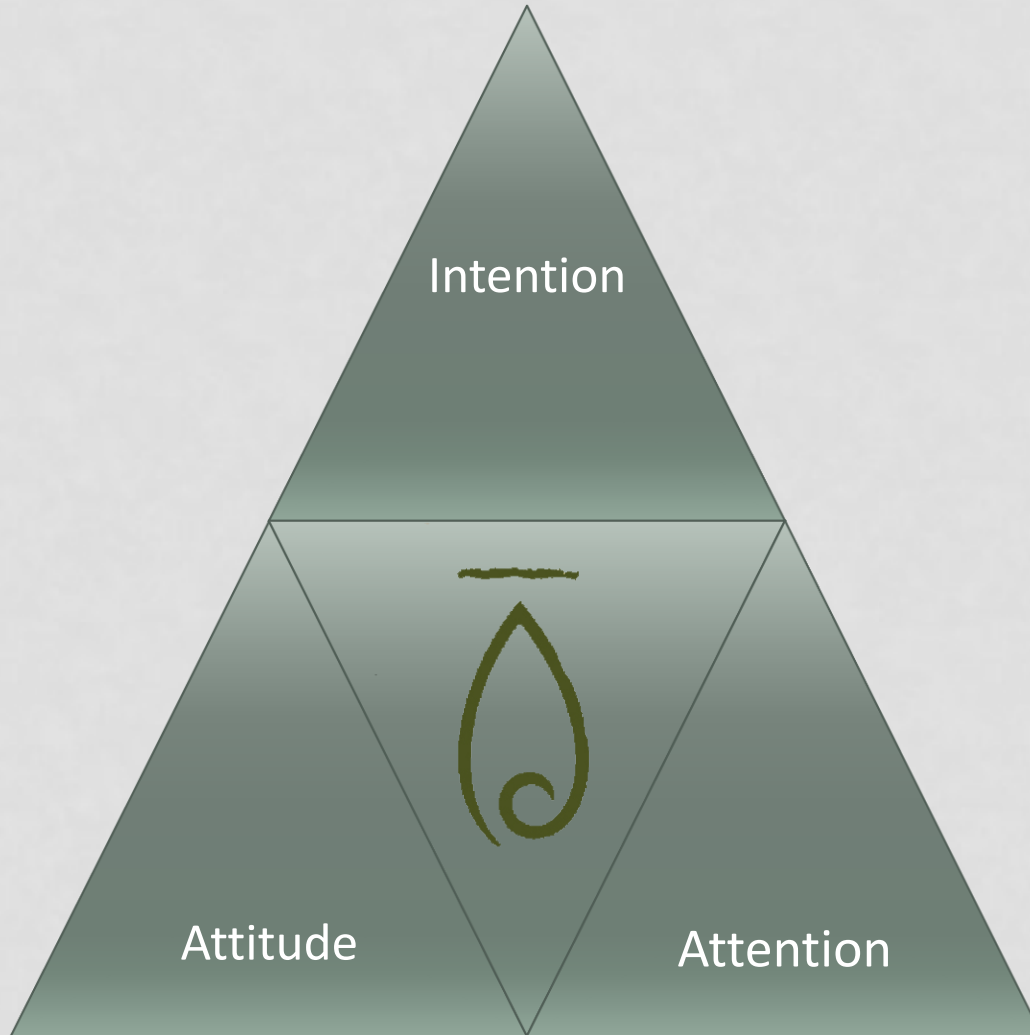
Observe & Open



Proceed



*Our view of life depends utterly on our
choice of focus*



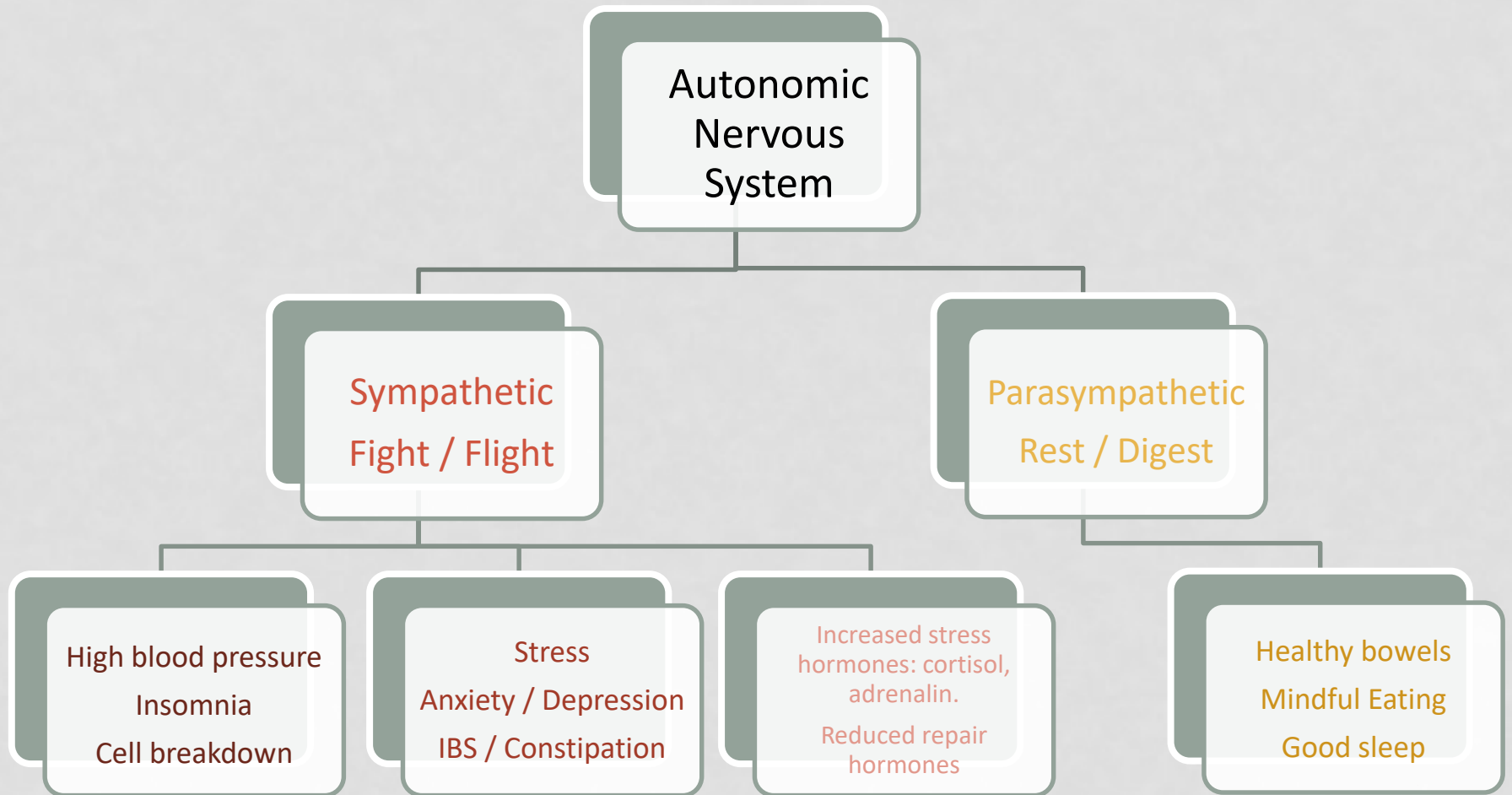
EMOTIONAL RESILIENCE



Photo by [Johnson Wang on Unsplash](#)

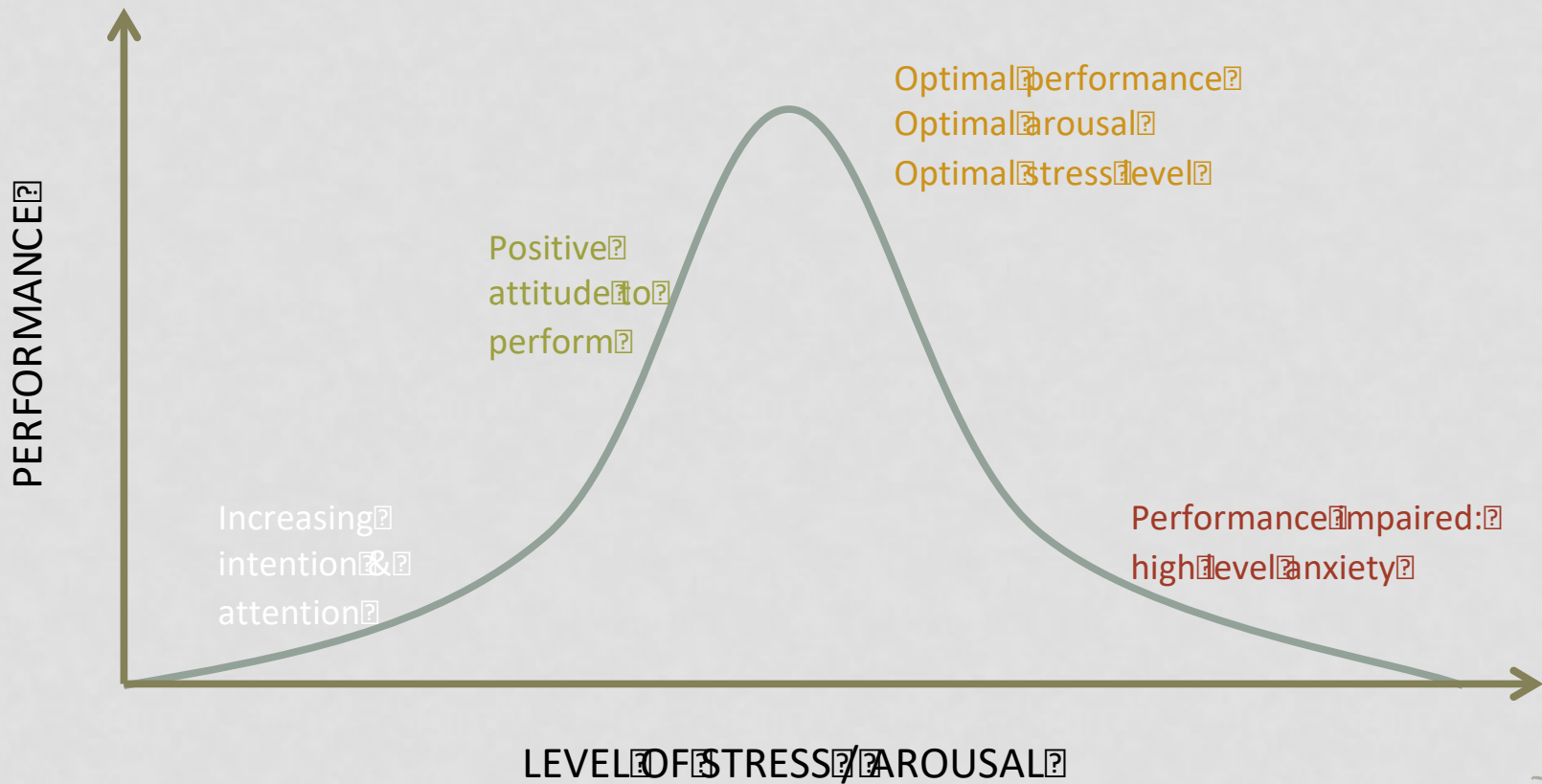


MIND OVER MATTER



STRESS OR PRODUCTIVITY

The Yerks's Dodson Law



HOW MUCH OF YOUR ONE LIFE IS SEEN THROUGH A SCREEN?

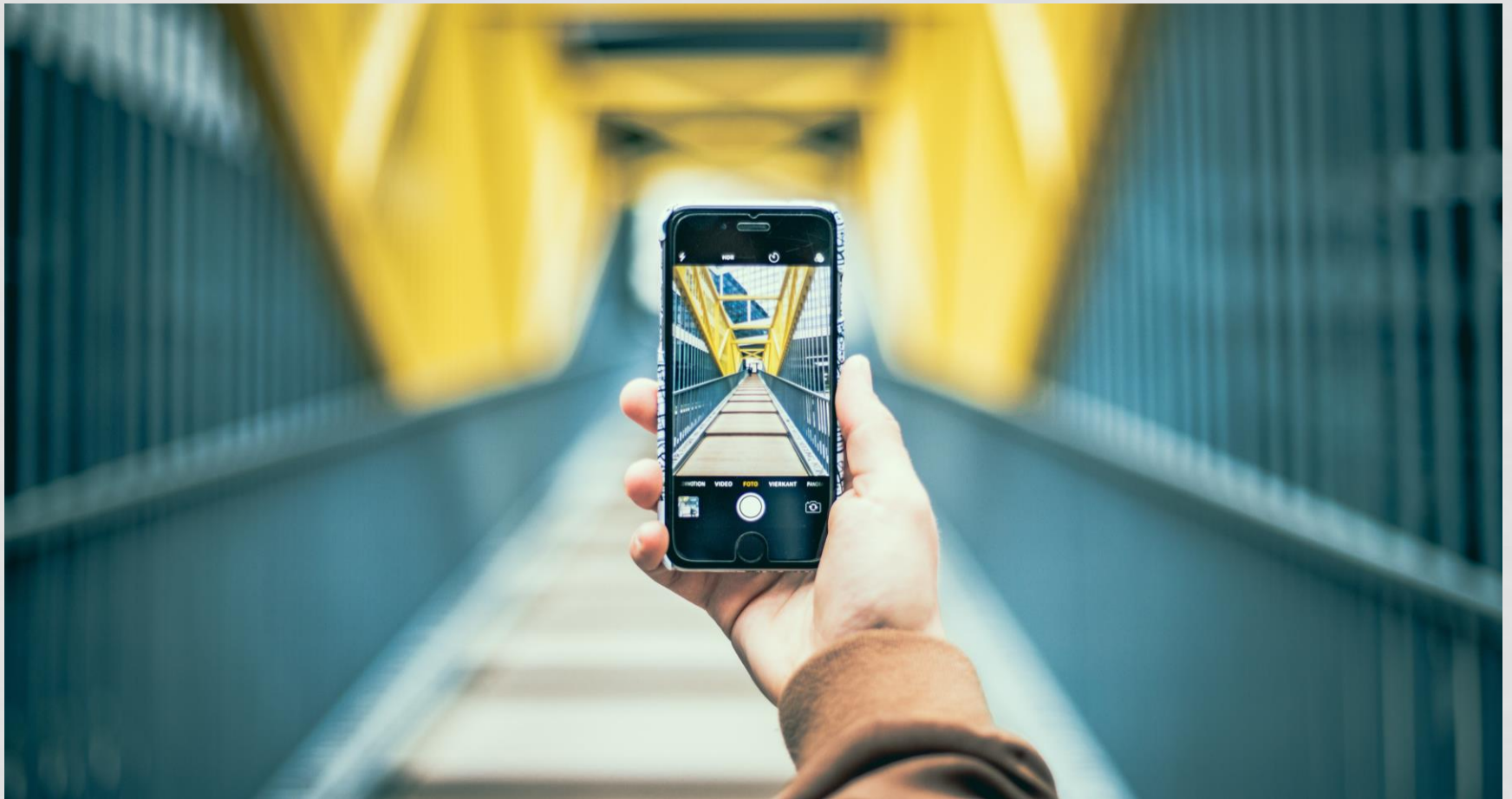


Photo by [Ferdinand Stöhr on Unsplash](#)



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- Link to 10 minute mindful practice via email.
- TED talks on Resilience for further inspiration.
- Book list for further investigation into mindfulness.

PLEASE WRITE YOUR EMAIL CLEARLY AND BE MINDFUL TO CHECK YOUR SPAM/JUNK FOLDER.

***THANK YOU FOR YOUR
PARTICIPATION***

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