

It is OK To Love Ourselves Too

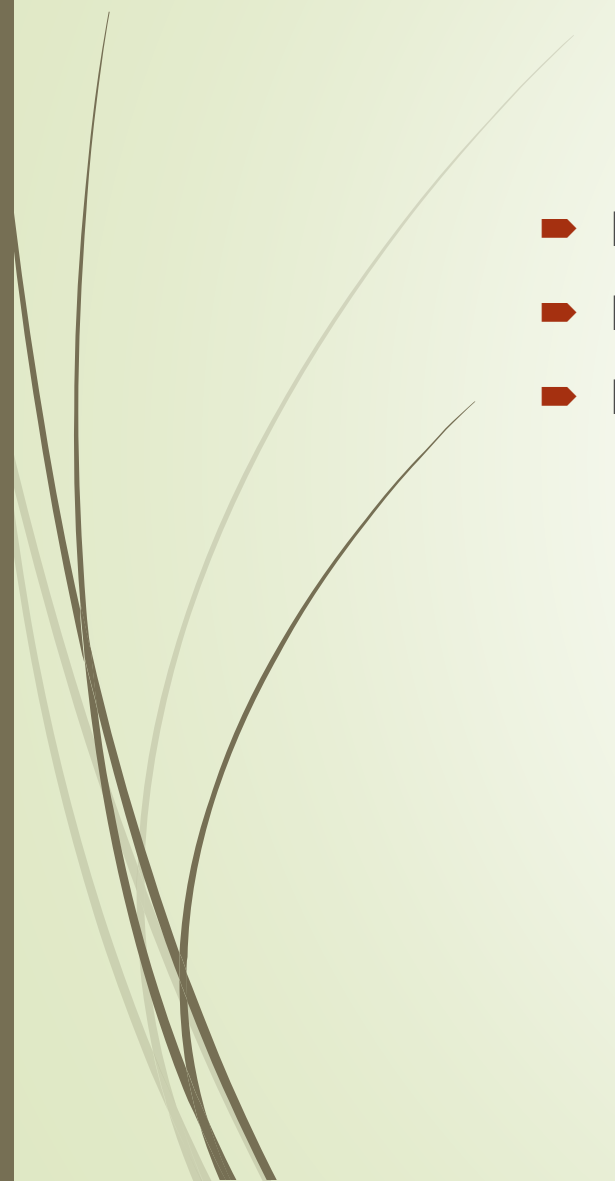
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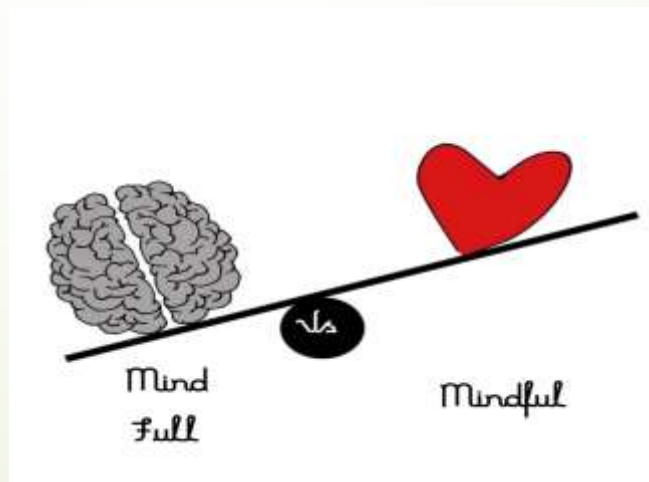


Objectives:

- ▶ Participants will be able to describe mindfulness techniques
 - ▶ Participants will be able to participate in mindfulness activities
 - ▶ Participants will learn to identify when to apply mindfulness techniques
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Summary

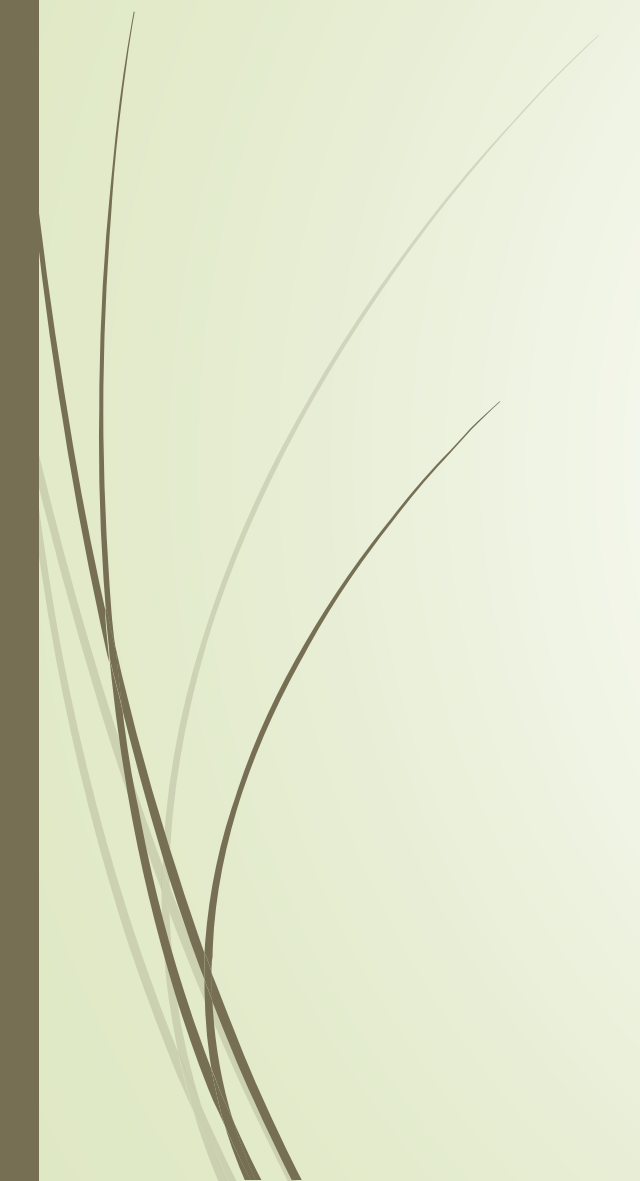
- ▶ The program will introduce participants to basic mindfulness techniques that can be used for self-care. The first part of the presentation will briefly talk about the history of mindfulness and how it is being used today. We will then talk about three different techniques that can be used, breath work, tai chi, and meditation. Each technique will be given a brief background and rationale as to how it works. The technique will then be demonstrated, practiced by the group, and then discussed in small groups.





Disclosure Statement

I have no financial interest or
affiliation concerning material
discussed
in this presentation.





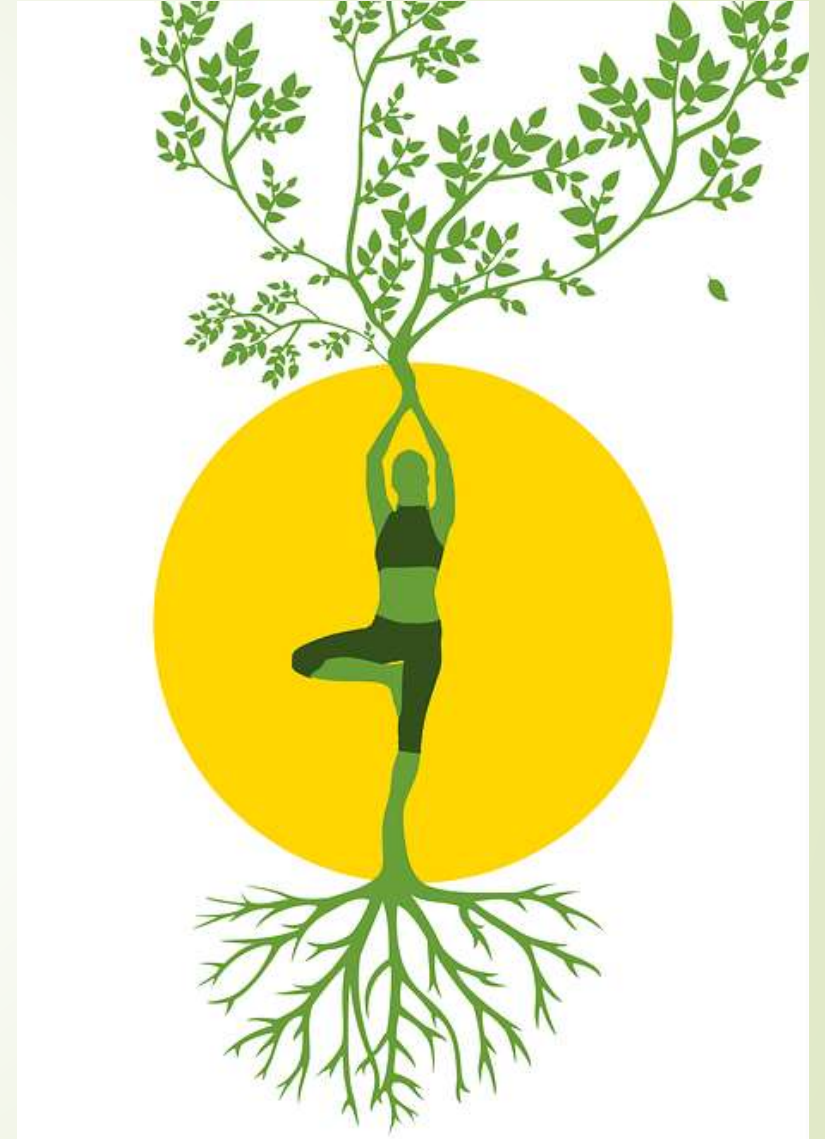
Mindfulness Activities

- * Breathing Exercises
- * Guided Meditation
- * Bring your Pet to Work Day
- * Mandalas
- * Yoga
- * Tai Chi
- * Tapping : Emotional Freedom Technique



Mindfulness

- Being present in the moment





Breathwork

Yoga Breathing

► <https://youtu.be/N9jmO6xwFfs>





Tai Chi

Capacitar Chakra Tai Chi

https://youtu.be/an_RUUg4ihk



Chakra Tai Chi
with Pat



Meditation

- ▶ produces a state of deep relaxation and a sense of balance or equanimity

Resources

- <https://capacitar.org/capacitar-emergency-kits-to-download/>

