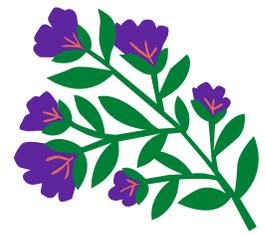


A WEEK OF MINDFULNESS

06.08.2020 - 06.14.2020



MONDAY



The murder of George Floyd, combined with the fear and loss of the pandemic, may lead many of us to feel deep grief. This is normal, and valid. Sometimes, when we are grieving we may feel the urge to push forward as if we aren't affected, but it's important to understand how grief is impacting us. [Whole Health of Wisconsin offers an example Personal Health Plan for coping with grief](#), including goals, strengths, challenges, self-care areas, planning, and building a support team.

TUESDAY

Take a few moments to read [Louise Gluck's poem "Mutable Earth,"](#) which discusses healing and freedom. "When I feel safe, I can love."

WEDNESDAY

It's spring and the flowers are beginning to bloom. With corkboard, cardboard, nuts and bolts, and washers, you can easily [craft your own flower press](#) to preserve beautiful blooms. When you are done making the press, use [Ink, Sugar, & Spice's Flower Press Instructions](#) on the petals of your choice. These can be used for artwork, pretty paper, jewelry, and a multitude of other artistic endeavors.



THURSDAY

End the day by digging into [Omvana's meditation library](#), where you can find a meditation for everything, from sleep and stress to focus and grief. Plus, you can be the DJ and mix guided meditation sessions with customizable ambient tracks to create your own personalized mindfulness experience. You can access many of the resources for free.

FRIDAY

Looking for a yummy, healthy snack to practice some self-care tonight? Make these [Apple Nachos from Eating Birdfood](#), complete with caramel sauce, chocolate chips, and pecans, or any other toppings you like, such as peanut butter or coconut shavings.

SATURDAY

Feeling stressed and depressed? Try the [Happify app](#), which offers simple coping activities and games using brain-training mechanics to help reduce anxiety and restlessness. The app also helps users reframe negative thoughts and build optimism and mindfulness.

SUNDAY



While we may be at home more than usual due to the pandemic, when we are out and about we can practice mindful driving. While you drive, take deep breaths, ask yourself what you need (to feel safe? to feel relaxed?), and give yourself what you need. For example, if you need a break from stress, you can practice a mindful body scan and muscle relaxation as you drive. Remember to look around (safely) and remind yourself that many other drivers are feeling similar things - the need for calm and peace, and to be happy. You are not alone.