



NETWORK CONNECTION

Mindfulness Activity



Sit up tall, gently close your eyes and take a few moments to notice how your body is grounded into the surface on which you are sitting.

Imagine a forest full of trees on a warm sunny day. Each tree trunk has its own height, shade of brown or grey and rough texture of bark on its surface. As you picture these trees, notice that the tree trunks are separated in their own space. They occupy a single spot in the ground. They don't overlap and are singular.

Now imagine the roots shooting deeply underground. Notice the way they overlap, reach outward and intertwine with one another. They connect and use the same space, share the nutrients of the soil to grow.

As you connect with others, strive to be aware of how their connection nourishes you. Be aware of how you feel emotionally when talking with a friend on the phone or on a video chat. Think about how your connection to others can help ground you, help you to grow and to stay connected to a network. Use the infrequent connection with others to sustain you when you need to separate and temporarily isolate. Imagine your roots of connection nourishing you during isolation, knowing that you will return to connection and your network.



In the Moment:

To live in the moment is to savor the work and value the daily process it takes to achieve a goal.