



STRONG AS THE WIND

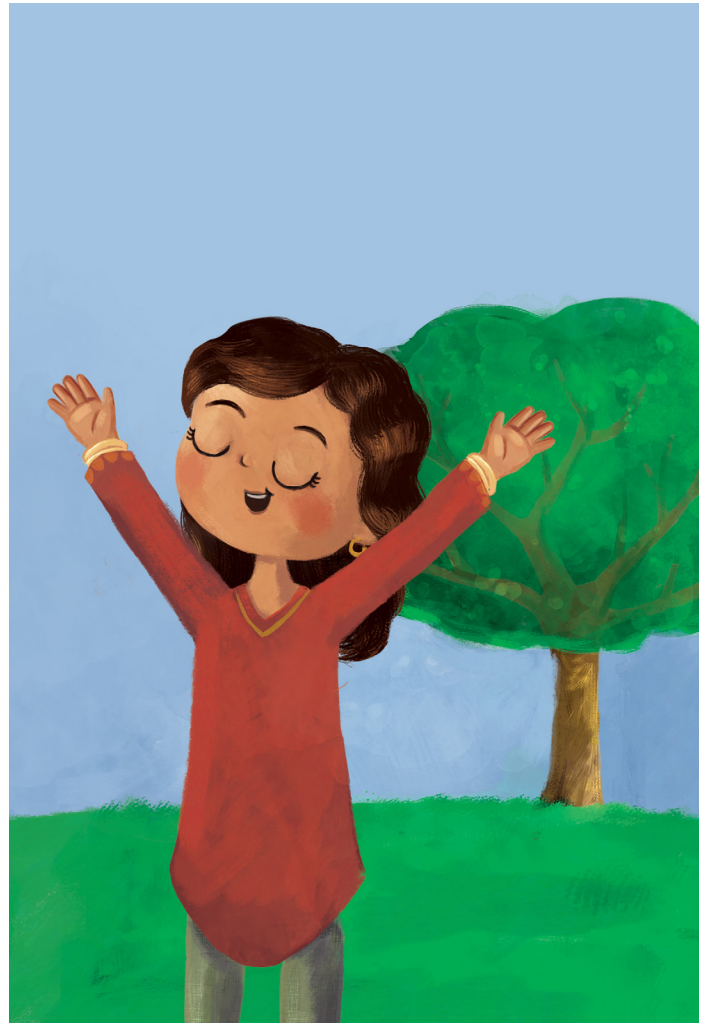
Mindfulness Activity



Stand with your feet shoulder-width apart and with your arms at your side. Close your eyes and visualize a windy day. Think about the wind. Imagine that you are this wind.

Open your eyes and slowly extend your arms. Begin to sway your body from side to side, without moving your feet. Allow your legs to bend slightly at the knee. Softly begin to inhale and slowly exhale.

Remind yourself that you are strong like the wind. You are able to carry and release many things within different places. As you continue to blow across the earth, release all overwhelming emotions and thoughts that you might be feeling at this moment. Allow your mind to relax as you think about your new daily routine. Consider how these new changes are working and how you can blend them into your everyday life.



Reset Experiences:

To reset experiences is to adopt a learning perspective, one that is open to new patterns and finding new lenses with which to see the world.