

## Mind the Gap: Leveraging the Nooks and Crannies of Time

### Develop a Mindfulness Practice:

If we had one piece of advice for mental, physical, spiritual and emotional health, it's to connect with your breath. This is the first step in mindfulness. Think of where you can tuck in one-minute meditations throughout your day. You can reset your neurochemistry in one minute by connecting with your breath or one of your senses.

### Other Mindfulness Tips:

1. Practice your power of observation
2. Appreciate the natural beauty that surrounds you
3. Be fully present with your senses when you cook and eat. Feel the sensation of cutting an onion vs a carrot vs bread. Inhale the aroma of garlic as it first sizzles in oil in the pan. Listen to the crackle of an egg as it hits a hot pan. Consider how the taste of food changes as it cools down.

### Enrich Your Spiritual Energy:

1. Add to or read from your gratitude journal
2. Listen to queued spiritually uplifting and/or deeply relaxing playlists
  - a. Energizing
  - b. Smoky Blues
  - c. Joni Mitchell
  - d. Chants/Meditations
3. Send a quick message to someone who has impacted your life and say "thank you".

### Develop Your Physical Energy:

1. Stomach and lower leg exercises
2. A quick stretch every half hour
3. The Power Pose (you need not go into full Wonder Woman stance. Stand up straight, spread your legs a bit wider than usual, shoulders back, head held in alignment with your body)
4. Move– walk down the stairs instead of taking the elevator. Walk up and down the platform as you're waiting for your train.

### Improve Your Mental Energy:

1. Listen to queued educational podcasts
2. Listen to books on tape

3. *Creative Writing: If you liked the free writing in Module 1, use the three words \_\_\_\_ or choose your own. Set a timer for 5 minutes and start writing!*
  - a. *Focus on a single challenge you're having. How can you solve or mitigate the effects?*
  - b. *Focus on an aspiration and write about how you can bring this vision to be a reality.*
  - c. *Think about a goal and how to best get to that finish line.*
4. *Thoughtfully set your daily goals– what ONE thing can you do to make this a successful day?*
5. *Set intentions for a future meeting: Be thoughtful about your goals for the meeting. Imagine how you want to show up. Visualize what you'd like the outcome to be. How do you want to feel? How do you want the others at the meeting to feel?*

*Boost Your Emotional Energy:*

1. *Do the R.A.I.N. of Anxiety to Excitement*
2. *Read inspirational quotes you've written or notated*
3. *Make 'photo albums' on your smart phone:*
  - a. *Loved ones*
  - b. *Favorite places*
  - c. *Times you've been happy, confident, free of worry*