Mindful Moment Video

This video encourages people to take a moment to pause and reflect on how you are doing. By turning your attention inward, you may have noticed some physical, mental, or emotional needs. It then asks you to consider a small step or action you could take today.

* Was it helpful to just slow down and focus on your breath for a moment? How did it help?
* Were you able to check-in with yourself with a sense of kindness and curiosity?
* How did it feel?
  + What did you notice?
* How is it helpful to ask yourself questions like, “What do I need right now?”
* Could you build this into your day?
  + When might you practice self-check-ins?

***Remember to be kind and patient with yourself as you work on your self-care.***

Avoid aiming for perfection as that can be overwhelming. Instead, feel good about every positive step and every healthy choice. When you take even a moment for self-care, notice how it helps and give yourself credit. Taking care of yourself is important and it will help you be better able to do the things that are important to you and to take care of others.