### MINDFULNESS & ADVISING

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### WHAT ARE THE TOP THREE THINGS THAT ARE STRESSING YOU OUT RIGHT NOW ?!



## RECOGNIZE THE IMPORTANCE OF MINDFULNESS & IMPACT ON YOUR ADVISING PRACTICE LEAVE WITH 3 PRACTICES TO SUPPORT YOU

mindfulness







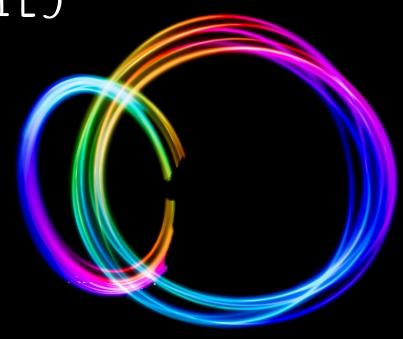
## MINDSET & AFFIRMATIONS



I RELEASE ANXIOUS THOUGHTS AS I EXHALE, STRESS LEAVES MY BODY. TODAY I CHOOSE JOY. I TRUST MYSELF TO DEAL WITH WHATEVER ARISES I CHOOSE HEALTHY WAYS TO DEAL WITH STRESS. TODAY, I EMBRACE SIMPLICITY. I'M DOING THE BEST I CAN. I SEE CHALLENGES WHERE OTHERS SEE DIFFICULTIES. I AM STRONG AND CONFIDENT. PEACEFUL ENERGY IS RADIATING OUT FROM AROUND ME. I RECLAIM MY OWN POWER.



BOUNDARIES



## GRATITUDE



IAM GRATEFUL



## GRATITUDE CHALLENGE

WRITE ABOUT YOUR FAVORITE PART OF YOUR WORKDAY



### 30 Days of Gratitude Challenge



#### Day 1

Write down three things that you are thankful for.

#### Day 2

Express gratitude to at least one important person in your life.

#### Day 3

Go one full day without complaining.

#### Day 4

Meditate for 10 minutes

#### Day 5

Make an effort to smile more throughout the day.

#### Day 6

Engage in a random act of kindness

#### Day 7

Spend 30 minutes practicing self-care.

#### Day 8

Send flowers to someone you care about

#### Day 9

Write thank-you notes to five people in your life.

#### Day 10

Go outside and appreciate the beauty of nature.



## WHAT DO YOU RECALL CAUGHTYOURATTENTION FROM TODAY?

# WHAT WAS MOST EXCITING ABOUT WHAT YOU LEARNED?

WHAT WEREYOUR FEELINGS DURING & AFTER THE ACTIVITIES?

## WHAT WAS YOUR KEY INSIGHT

## WHAT WILL YOU DO DIFFERENTLY MOVING FORWARD WITH THIS INFORMATION?

WHAT OPPORTUNITIES ARE THERE TO TRY THE ACTIVITIES?



### THANK YOU! LISA LAUGHTER & SHARON ERICSSON

