

# Goals, Growth & Grit: Skills for Success 120

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Happy Easter Ali, Ariel, Brooke, Chase, Ethan D, Ethan L, Hanna, Jayden, Monica, Pierce, Sofia and Tanya! ! I hope you were all able to enjoy a bit of chocolate while following guidelines to stay safe. Remember to keep your minds and bodies active too. If you are experiencing difficulties at this time, please email me at the address above and I can set you up with someone who can help.

So last week we looked at the idea of RESILIENCE; have you been able to add this to your list of strengths/skills? One article mentioned that practicing MINDFULNESS is beneficial at this time of uncertainty, and that we all have the time to try it right now. It really is quite simple, it is about being in the present moment, without judging your thoughts and feelings as good or bad. It will help us do our best to stay settled and on point as often as we're able to, especially when we are anxious. Read about it, try some practices until you find one that you like, and for the length of time you are comfortable with. We all possess this quality, we are just not used to accessing it. Check it out! If you have any problems or questions, please email me anytime day or night. I check emails often and will respond within a couple of hours.

What is Mindfulness? <https://www.youtube.com/watch?v=QTsUEOUaWpY>

Benefits of Mindfulness <https://www.youtube.com/watch?v=PqfzbspDwrM>

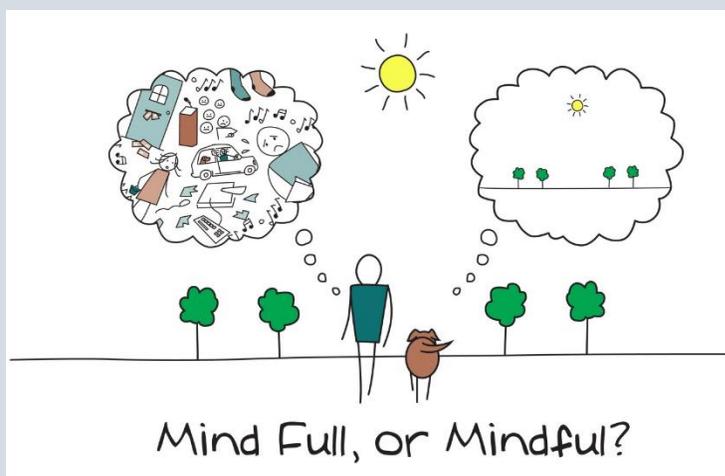
Mindfulness vs Meditation <https://www.youtube.com/watch?v=8NoFrpI0uz4>

## Some Practices

- Mindful Breathing <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>
- Mindful Body Scan [https://www.youtube.com/watch?v=ihwcw\\_ofuME](https://www.youtube.com/watch?v=ihwcw_ofuME)
- Mindful Senses <https://www.youtube.com/watch?v=F9FLGZX5tZE>

Take the 30 Day Challenge <http://www.aliceboyes.com/wp-content/uploads/2018/03/30-days-mindfulness.png>

Please let me know if you have or find a video or practice that you really enjoy.



Have a great (relaxing) week everyone....talk soon 😊