

MINDFUL MOMENTS

Take Time in AM to Meditate.
Read an Affirmation.
Read something you enjoy.
Sit Quiet to get in tune with your soul.
Be Intuitive.
Stretch and perform yoga.
Take deep breaths; smell roses (4 sec) /blow out candles(6 sec).

STRATEGY

Identify the unexpected event that you were not prepared for.

Provide a calm environment.

Trust the process of healing;

Distract the mind so the body can heal.

MIND MAP

OBJECTIVES

THE OBJECTIVE IS TO UNDERSTAND THESE SYMPTOMS AS SIGNS OF RECOVERY RATHER THAN SIGNS OF ILLNESS.

ACTION

- Once identified, work towards possibly resolving the conflict. Not every conflict should be resolved. This might involve having a difficult conversation, making a lifestyle change, or finding closure on a past event. The goal is to address the emotional trigger to facilitate the healing process.

SOLUTION

- Take online courses about GNM to deepen your understanding of its principles. Knowledge empowers you to actively participate in your healing journey.