

Session Overview



Affirming the Beat

- Harms of negative self-talk vs. positive affirmations
- Create a positive affirmation playlist



Bodies in Motion

- Shaking mindfulness activity
- Explore physical wellbeing consistent with the Canadian 24-hour Movement Guidelines



Balanced Bodies and Minds

- Evaluating our mental and physical states as a function of energy and tension (Thayer, 1996)
- Finding creative ways to check-in with ourselves



Creative Minds

- Practice mindful art to calm the mind and foster creativity
- Art kit delivery for asynchronous creative activity



Finding your Center

- Explore self-regulation activities to improve resilience
- Engage in humming and qigong practices



Dream, Plan, Do

- Share key takeaways of 6-week program
- Create sustainable goals that promote overall wellbeing