

Being Kind to Your Mind

Sarah Gear, Mindful Stonehaven

Five Pillars of Wellbeing

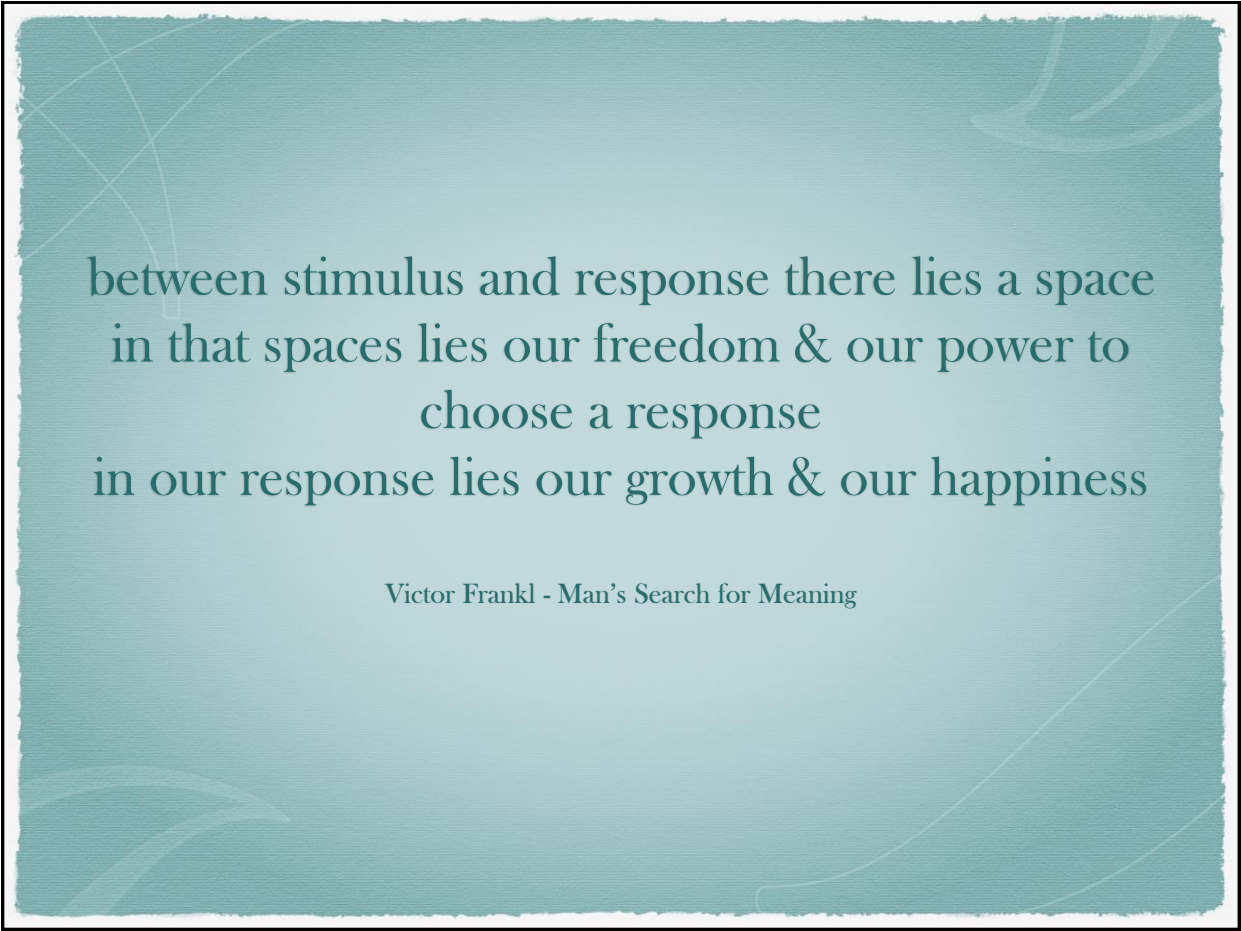
1. connect
2. active
3. notice
4. learn
5. give

A Mindful Life

intention
pause
attitude
awareness
habits

Practices

what's my intention
the power of the pause
compassion
gratitude
time



between stimulus and response there lies a space
in that spaces lies our freedom & our power to
choose a response
in our response lies our growth & our happiness

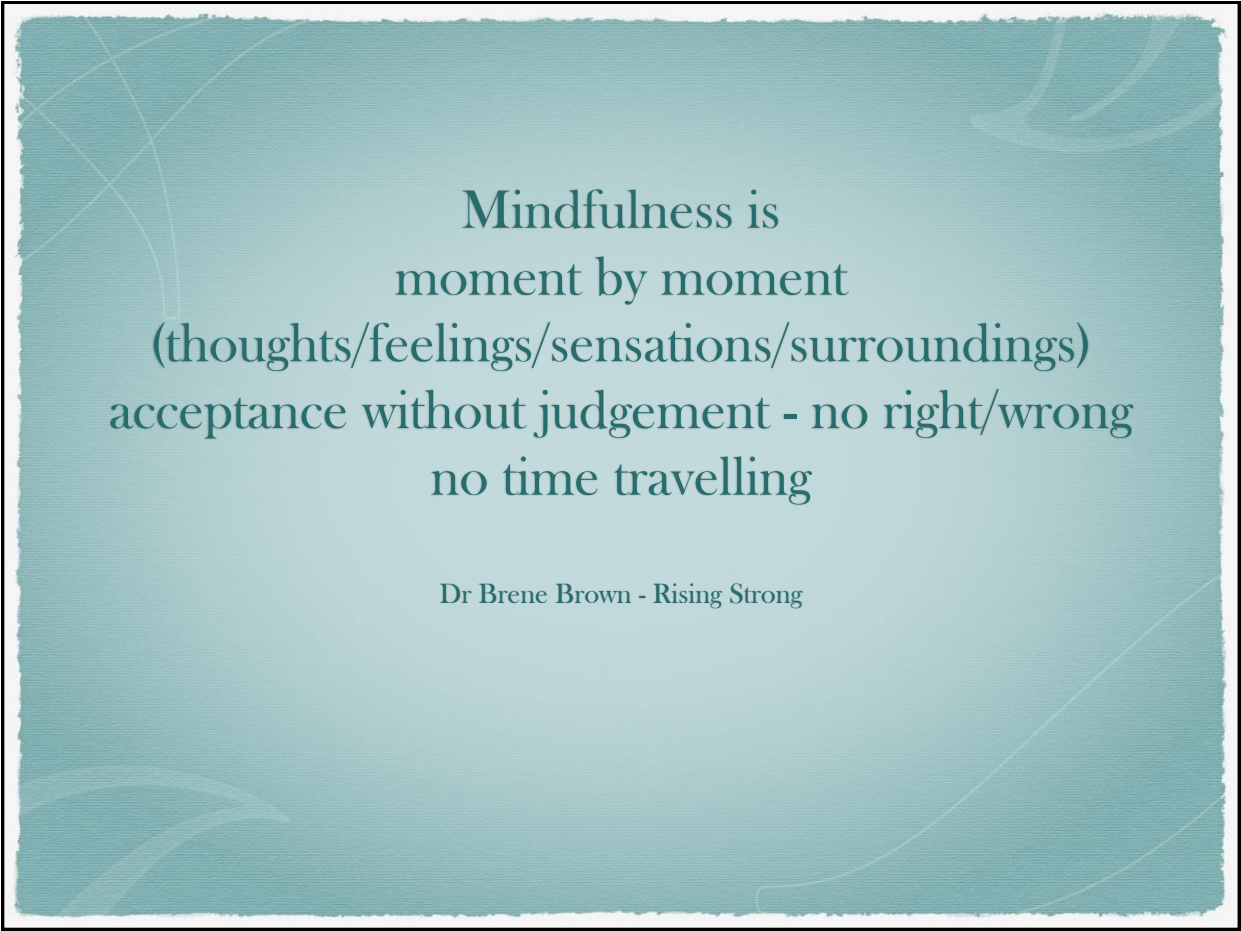
Victor Frankl - Man's Search for Meaning

how mindless am I

Dr Chris Germer -the mindful path to self-compassion

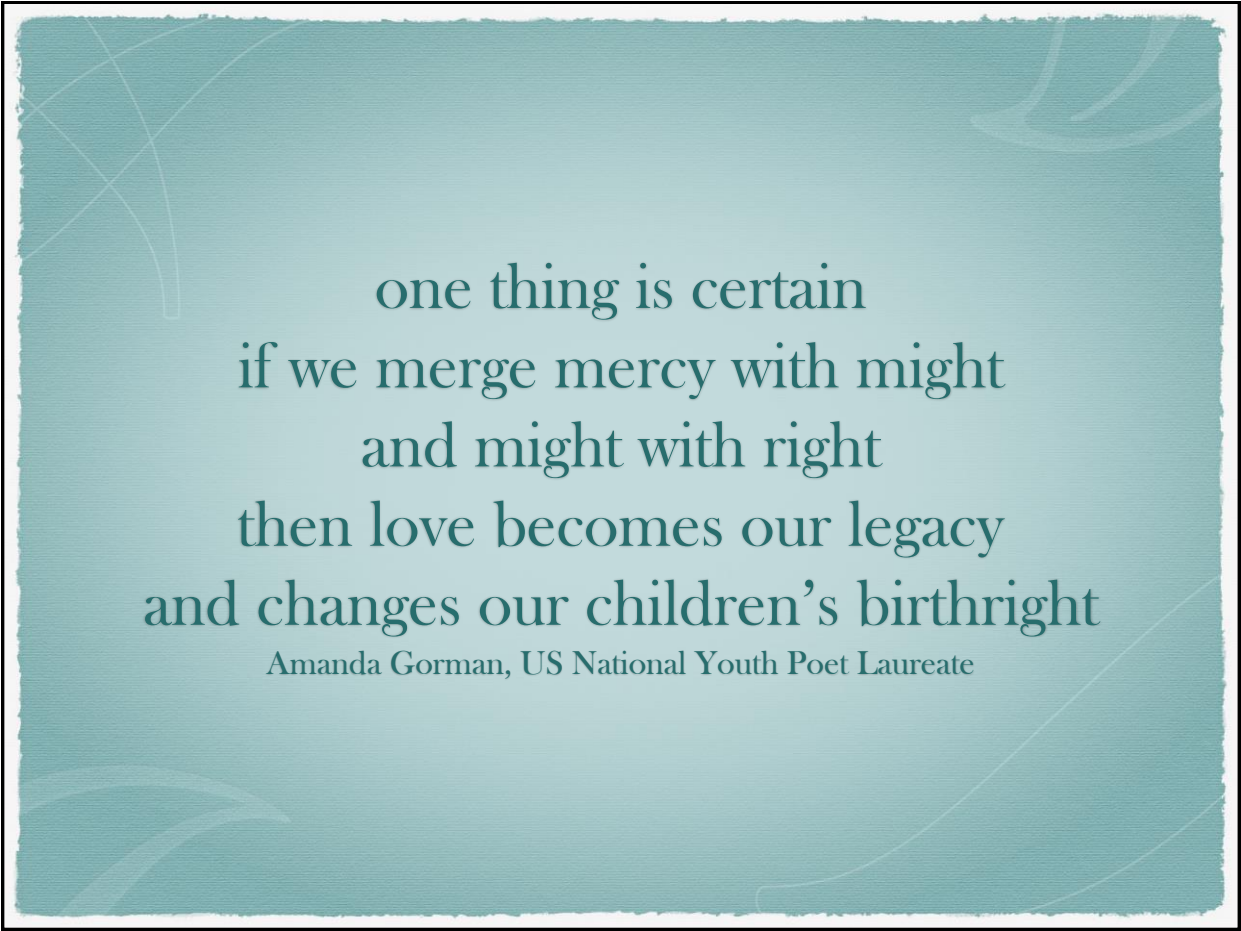
wake up to the life you have

Dr Mark Williams & Danny Penman - Finding Peace in
a Frantic World




Mindfulness is
moment by moment
(thoughts/feelings/sensations/surroundings)
acceptance without judgement - no right/wrong
no time travelling

Dr Brene Brown - Rising Strong



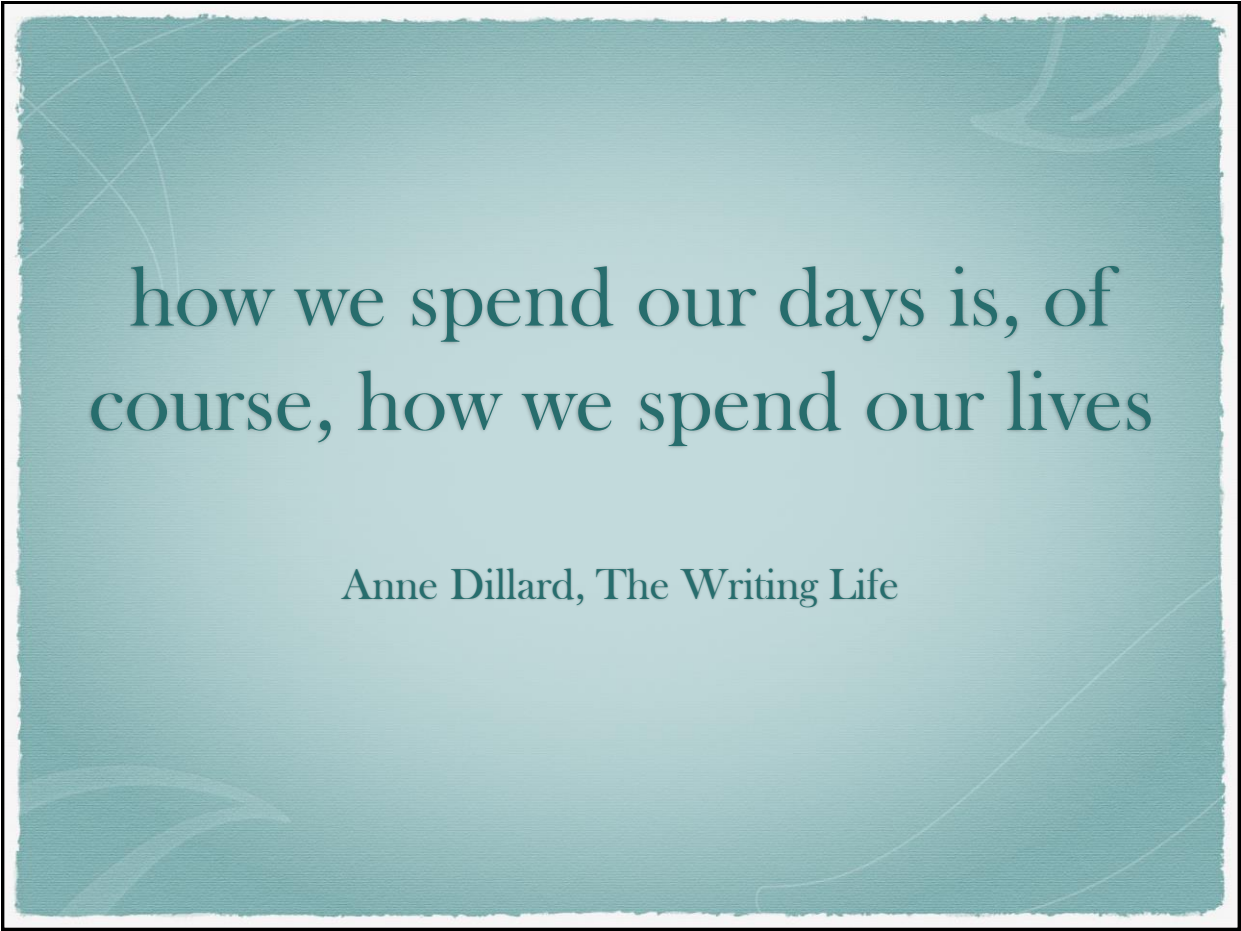
one thing is certain
if we merge mercy with might
and might with right
then love becomes our legacy
and changes our children's birthright

Amanda Gorman, US National Youth Poet Laureate



gratitude turns what we have
into enough

Sarah Gear




how we spend our days is, of
course, how we spend our lives

Anne Dillard, *The Writing Life*

vent vidi vici (I came, I saw, I
conquered) Julius Caesar

vene vidi vixi (I came, I saw, I lived)
James Wallman (Time and How to spend it)



tell me, what is it you plan to do
with your one, wild precious life

Mary Oliver - The Summer Day

Thank You!
Any questions?
Stay in touch!

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