



# A Moment for Mindfulness

Self-care is vital to self-preservation for advocates. Whether you write down what you're grateful for, meditate, or take a moment to breathe, there are practical methods that can be effective. Scientific studies support that practicing gratitude and meditation can have a powerful effect on happiness and well-being.

Below are some suggestions for practicing self-care at home and a gratitude log that can be used throughout the week.

## Self-Care Suggestions

- Listen to a guided meditation
- Write down 3 good things that happened today
- Practice mindful breathing (ex. box breathing method)

## Gratitude Log

| Date | 3 Things I'm Grateful For | Affirmations | Note to Self |
|------|---------------------------|--------------|--------------|
| SUN  | •<br>•<br>•               |              |              |
| MON  | •<br>•<br>•               |              |              |
| TUE  | •<br>•<br>•               |              |              |
| WED  | •<br>•<br>•               |              |              |
| THUR | •<br>•<br>•               |              |              |
| FRI  | •<br>•<br>•               |              |              |
| SAT  | •<br>•<br>•               |              |              |

Transformation begins within.

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