



# Mindfulness for Advocates:

## Prioritizing Self-Care at Home



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May 6, 2024 | 1:15 - 2:45 P.M.



# Agenda

- Introduction & Intention
- Why Mindfulness?
- 5-Min Meditation
- Gratitude Workshop
- Discussion



## Self-care is essential for advocates

It helps combat burnout and increases capacity for compassion

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# What is Mindfulness?

Mindfulness is a conscious observance of the present moment, without judgement. It helps us become more aware of our thoughts, feelings and sensations in our mind and body.



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Adapted from the APA Dictionary of Psychology



# Self-care doesn't have to be expensive.

There are tools you can use at home



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# 5-10 mins a day

to feel the benefits of mindfulness



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Created and presented by  
Harvard Health Publications.

Take a moment



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# Guided Journaling

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What is something  
you've been carrying that  
you're ready to release?

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What activities do you  
like to do for yourself?  
Name some things that  
bring you joy.

What went well last month?  
List all the things that  
went right.

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What are you looking  
forward to in May?



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Write down 3 things you  
appreciate about yourself.

Write a thank you note to  
yourself or someone you  
care about.

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Thank you!

Questions?  
Email Lindsay at  
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