



Did you get 8 hugs today? How about 10?

Dwell on the Beauty of Life. Watch the Stars and see yourself running with them. -Marcus Aurelius

# Moment of Mindfulness



## RAINBOW Stretches

To start: stand with your hands at your sides in a relaxed position.



What makes your space feel safe and welcoming? What can you do to make it more so?

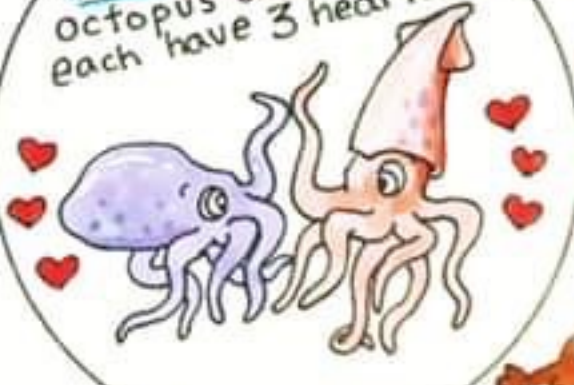


The frustrating "SHOULDs"  
Feelings of frustration can get worse when we have thoughts that how things are "should" be different. Instead of saying or thinking about how it "should" be, try using "I wish..."  
"I wish quarantine was over!"  
It's less frustrating!

Now, taking in a big breath, reach your hands up to the sky like you're gathering up big handfuls of colors to become a RAINBOW



TODAY'S USELESS FACT:  
Octopus and Squid each have 3 hearts!



Complete this sentence:  
"I hope..."  
and  
"I need..."

Drop both of your arms down like you're trying to touch your toes. Arch your back to form a rainbow shape and stretch!



What feelings come up when you think about PEACE?  
What does Peace mean to you?  
What brings you Peace?

it's ok to not feel ok sometimes.

Inhale and slowly bring your arms back over your head. Imagine the rainbow's colors are shooting out from the tips of your fingers. How did it feel to be a RAINBOW?



LMFT 102816  
Bug is having himself a dance.  
Robert Wolf