



TEACHER TIMEOUT

Choose a journal reflection to connect with your body & listen to your body's counsel as a guide to finding your best health. Take a walk outside. Find a spot interesting to you. Take some time to self-nourish and journal your response to one reflection below.

IMAGINE YOU ARE IN DIALOGUE WITH YOUR BODY. HOW MIGHT YOUR BODY RESPOND TO THE FOLLOWING STATEMENTS:

I am...

I feel...

I need...

I want...

I hope...

My relationship with you is...

My gift to you is...

BREATH EXERCISE

Take a 2-minute opportunity to release what is unhealthy/life-restricting and replenish with what is healthy/life-affirming. Take a moment to identify what you want to let go of, and what you want to claim.

Now close your eyes, and when you exhale, imagine drawing in all that you want to bring into your being. Repeat this breathing exercise for a cycle of 20 breaths. After 20, you can shift the content to something else you would like to let go of and draw in. Notice your experience with this breath practice.

15 THINGS. CHOOSE ONE.

Make a list of 15 things you'd be doing if you loved and respected your body right now. Pick one of them and begin doing it now- notice what that is like for you.