Next

Happy Heart: Positive Self Talk

Next

Community Expectations

Have mics Muted!

Use the Chat!

Turn your camera on
We want to see you!

Next

Table of Contents

01 Mindful Minute

02 Positive Affirmations

03 Table of Contents

04 Self-Care Routine

05 Meditation

Next

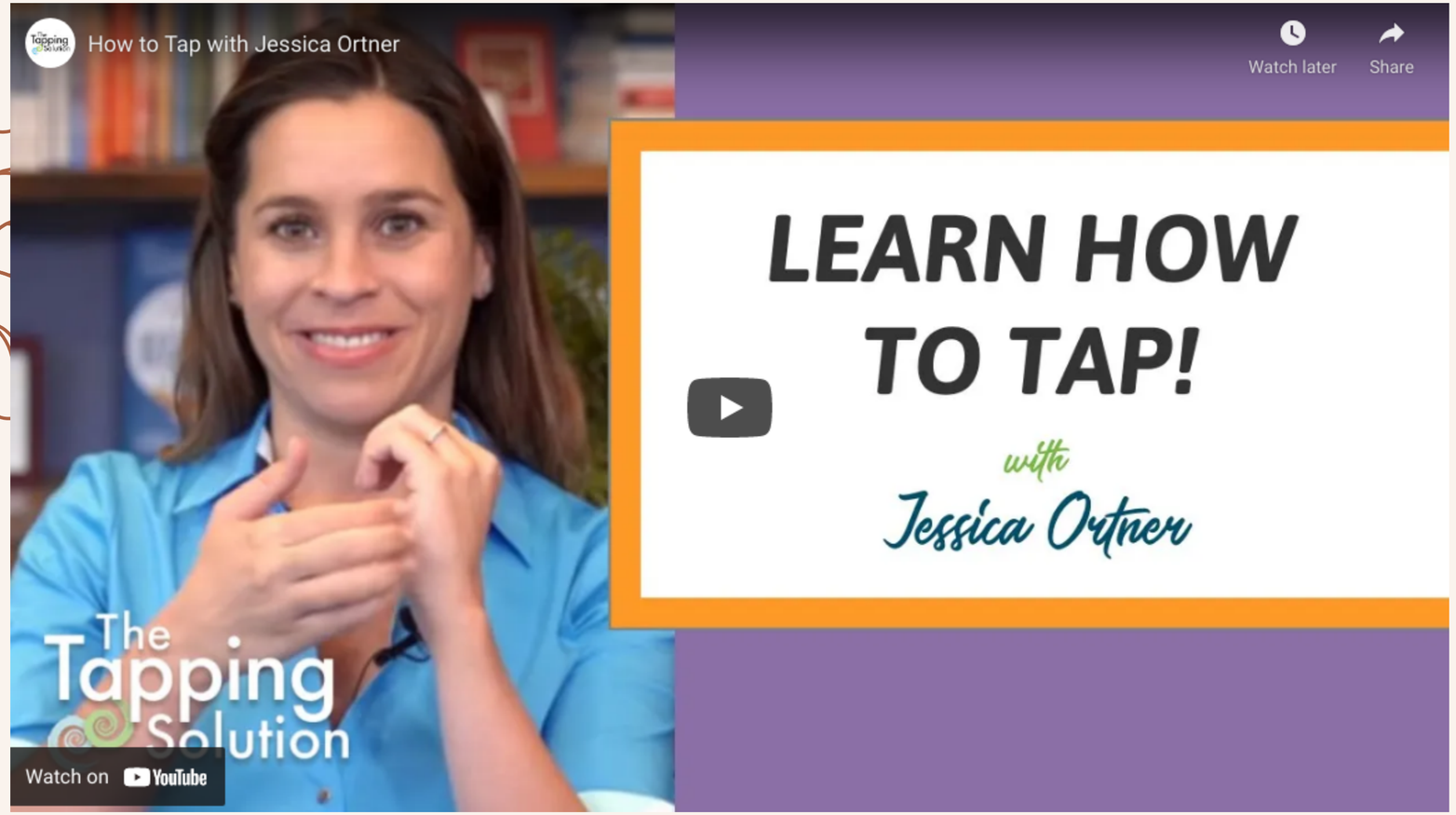
Mindful Minute

Tapping, also known as EFT
(Emotional Freedom Technique),
is a powerful stress relief technique. Tapping is based on the combined principles of ancient Chinese acupressure and modern psychology.

Next

Lets do it together

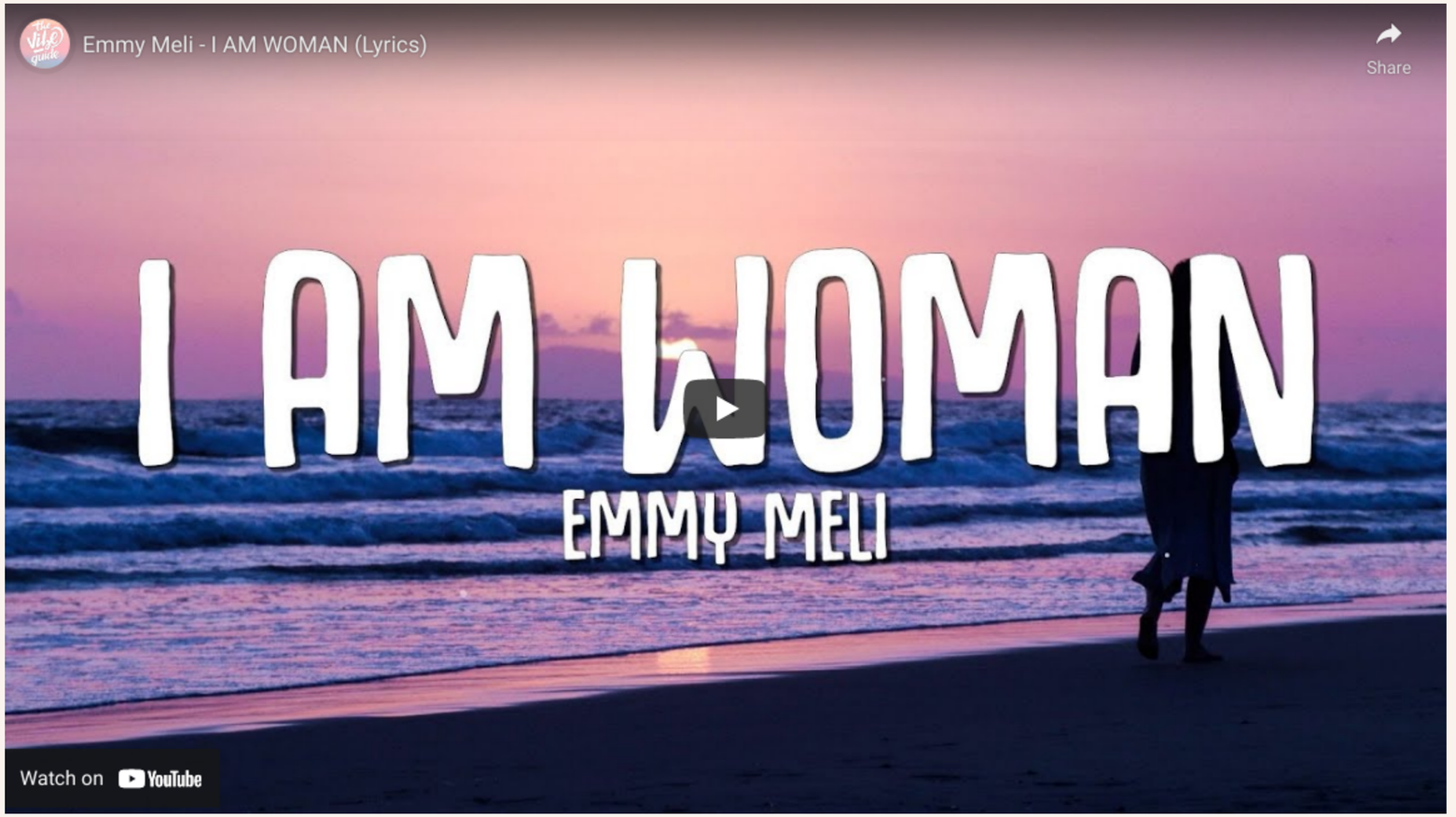
Next

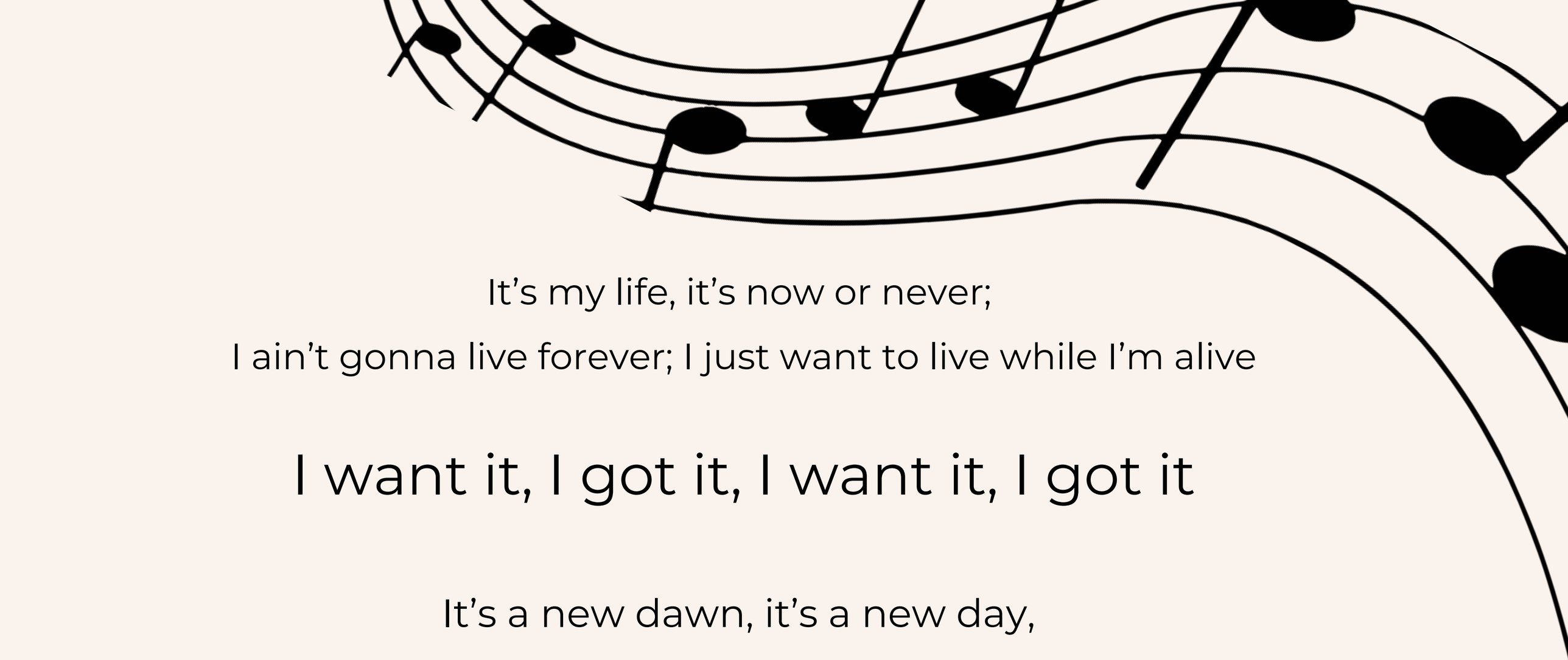

How to Tap with Jessica Ortner
Watch later
Share
LEARN HOW TO TAP!
with
Jessica Ortner
The Tapping Solution
Watch on YouTube

Next

Whats an affirmation?

Does anyone want to share an example of one?


Emmy Meli - I AM WOMAN (Lyrics)
Share
I AM WOMAN
EMMY MELI
Watch on YouTube



It’s my life, it’s now or never;

I ain’t gonna live forever; I just want to live while I’m alive

I want it, I got it, I want it, I got it

It’s a new dawn, it’s a new day,

it’s a new life for me, and I’m feeling good, I’m feeling good

Next

Struggle

I struggle with nervous when meeting new people because I am scared of what new people will think of me.

Success

I am a great person and a great friend, whoever I meet will be lucky to call me a friend. I just have to be myself.

Next

Words to build on

Struggle	Success
Cant	Can
Fear	Ready
Nerves	Will be able too
Scared	Going too
Afraid	Will Accomplish
Dont Like	Understand
Dont want too	Triumph
Unable too	Will Win

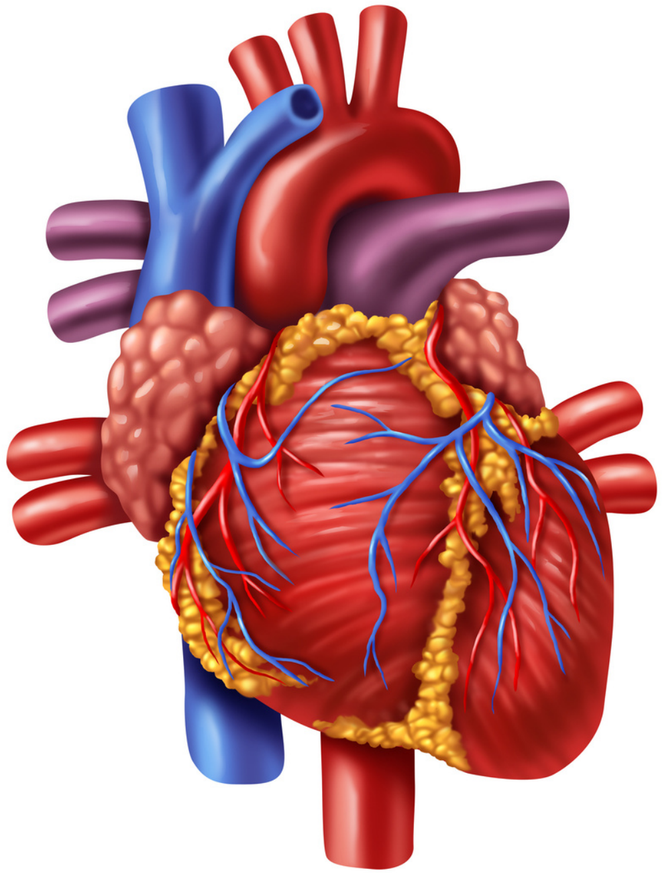
Next

Human Heart

Lets look at the heart and talk about how we can keep it helathy!

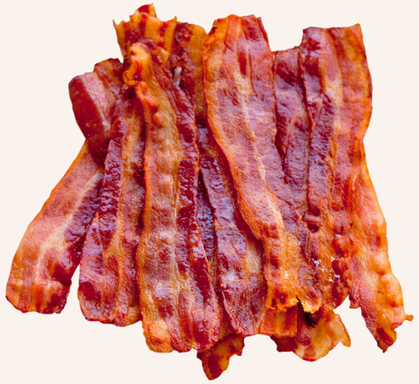
Human Heart

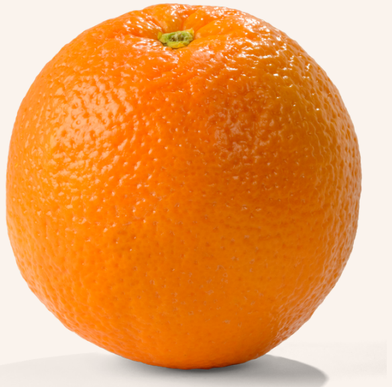
Next



Good V. Bad

Next





Next

Unhelathy

Fried Foods

Cured Meats

Candy

Sports Drinks (Redbull)

Diet Soda

Margarine

Healthy

Avocado

Berries

Winter Squash

Soy

Beans and Squash

Whole Grains

Next

Breathing Exercise for Kids and Families: In for 4, Hold for 4, Out for 4
Copy link
HOLD
Watch on YouTube

Next

Thank you for joining us today!