



*Mind, Body,  
Wellness*

Breathe  
FOR  
Change



# WEATHER CHECK



## 3 COLLECTIVE BREATHS



Settle in

## THEORY OF CHANGE:

Collective well-being and change starts from within.

Focus on own well being and from that foundation of well being within ourselves we strengthen our capacity to enhance wellbeing in our relationships and community

# 3 INTERCONNECTED LAYERS OF WELL-BEING



**MENTAL (MIND):**  
MINDSET,  
PERSPECTIVE,  
BELIEFS, THOUGHTS,  
PRESENCE, CLARITY



**PHYSICAL  
(BODY):** HEALTH,  
ENERGY LEVEL,  
NUTRITION



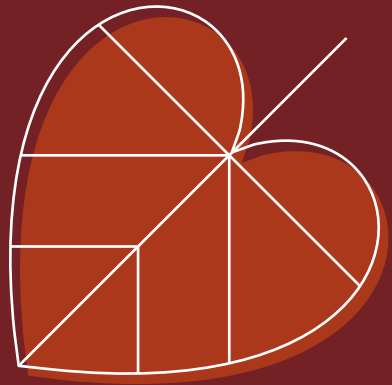
**SOCIAL-EMOTIONAL (SEL):**  
MOOD, FEELINGS, EMOTIONS,  
HUMAN CONNECTION



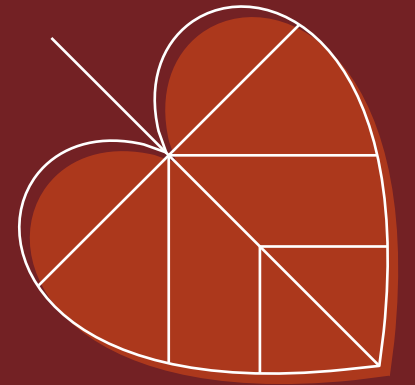
# INTERCONNECTED LAYERS OF WELLBEING

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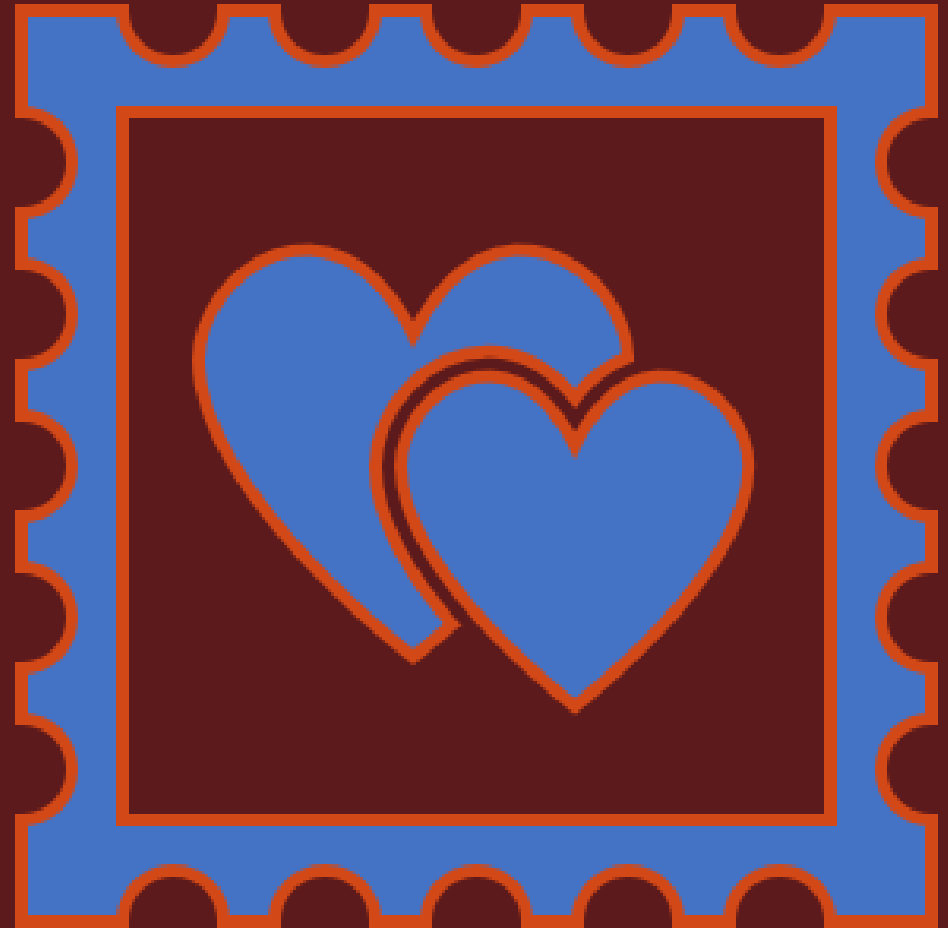
- When we move our physical body it impacts our emotional body
- Impacts Mental and Emotional state
- When we intentionally clear and focus our mind, it's not just our mental well being that improve, so does our physical and emotional well being improve.



- How will committing to your well-being impact your life?
- What are your intentions for your well-being?



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- “In a community, first you have to love yourself, because if you don’t love yourself, you can’t love anybody else!” – Patrick (4yrs old)





# MINDFULNESS

What does it mean to you?

How do you know if you are being mindful?

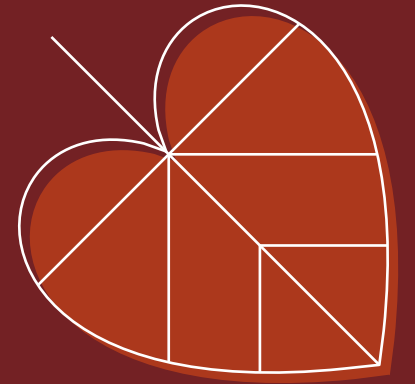
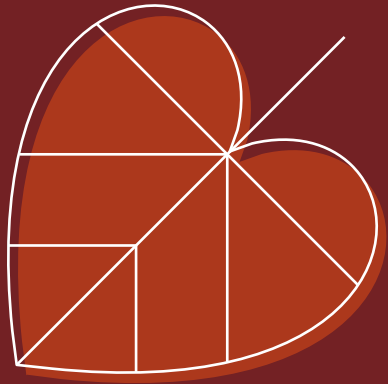
Do any ideas, notions, pictures, or feelings arise?

What do you notice?

# INTENTIONS AND ACCOUNTABILITY-BUDDIES

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- Competency: Self Awareness, responsible Decision Making
- SEL\*F Component: Creative Expression
- Purpose: Clarifies intentions, creates accountability, builds community and trust





SHARE YOUR INTENTIONS

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# INTENTIONS AND OBSTACLES

## External Obstacles:

(Challenging situations and contexts)

What external obstacles are getting in the way of you fulfilling your intentions?

## Internal Obstacles:

(Mindsets that don't serve us)

What mindset(s) do you currently hold about these obstacles?



## POWERPOSE

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- 2 min of Power pose can change brain chemistry, increase performance and confidence, reduce stress, cultivate inner strengths.
- In schools: Increase performance