



**SMART RESILIENCY
AND HEALING**

**SAFE,
MINDFULLY-
AGILE
RESTORED AND
TRANSFORMED**

Mindful Steps

LOVING-KINDNESS MEDITATION

- Weeks 1-2 Equanimity (peace, grounded stability)
- Weeks 3-4 Loving-Kindness (wish for happiness of self/others)
- Weeks 5-6 Compassion (ease or freedom from suffering)
- Weeks 7-8 Joy (sharing happiness of other's joys)

PHYSICAL RED FLAGS

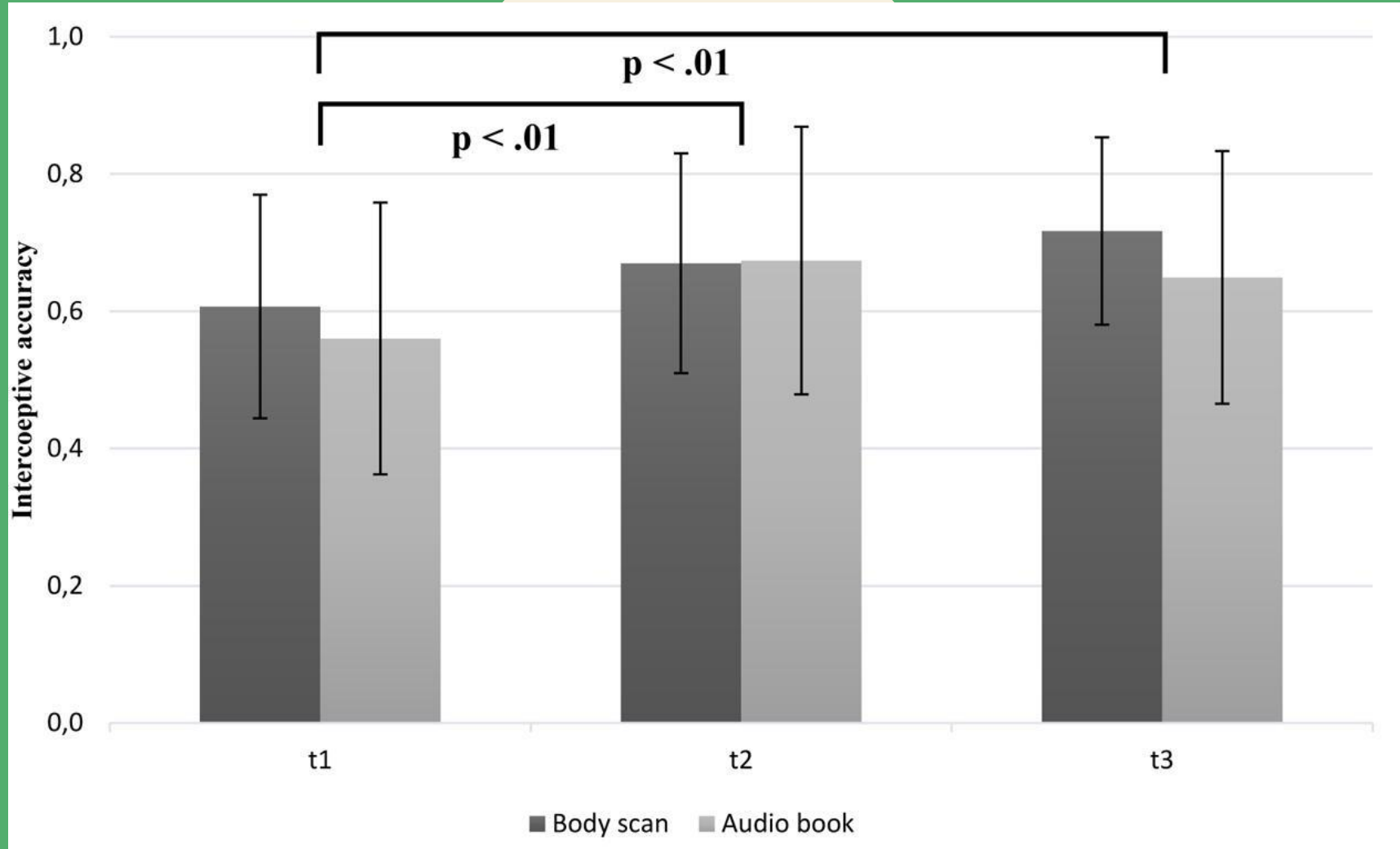


FIVE POINT ASSESSMENT

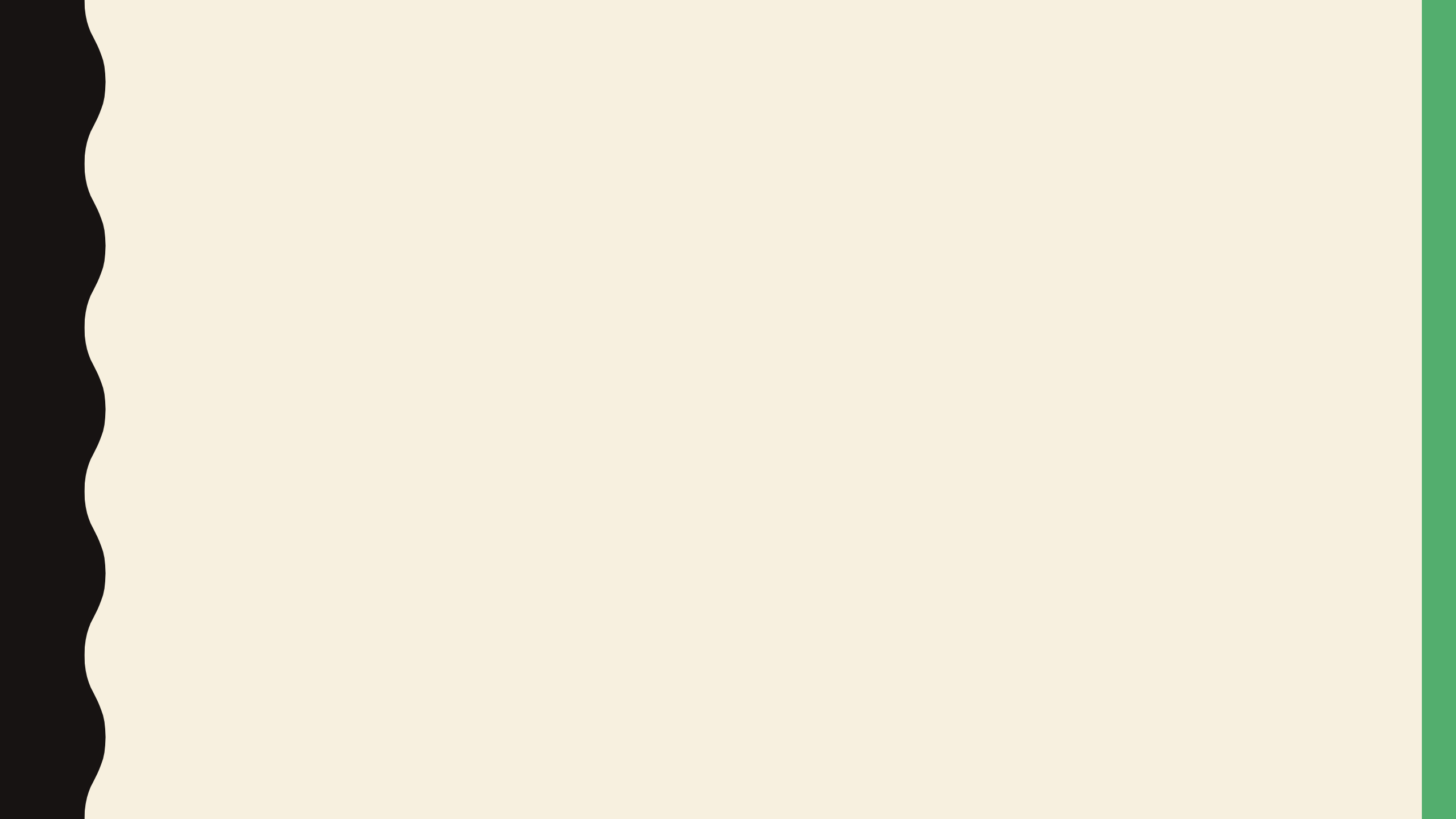
- Breath
- Body
- Mind
- Emotions
- Energy



IMPROVEMENT OF INTEROCEPTIVE PROCESSES AFTER AN 8-WEEK BODY SCAN INTERVENTION



Fischer, D., Messner, M. and Pollatos, O., 2017. Improvement of interoceptive processes after an 8-week body scan intervention. *Frontiers in human neuroscience*, 11, p.452.



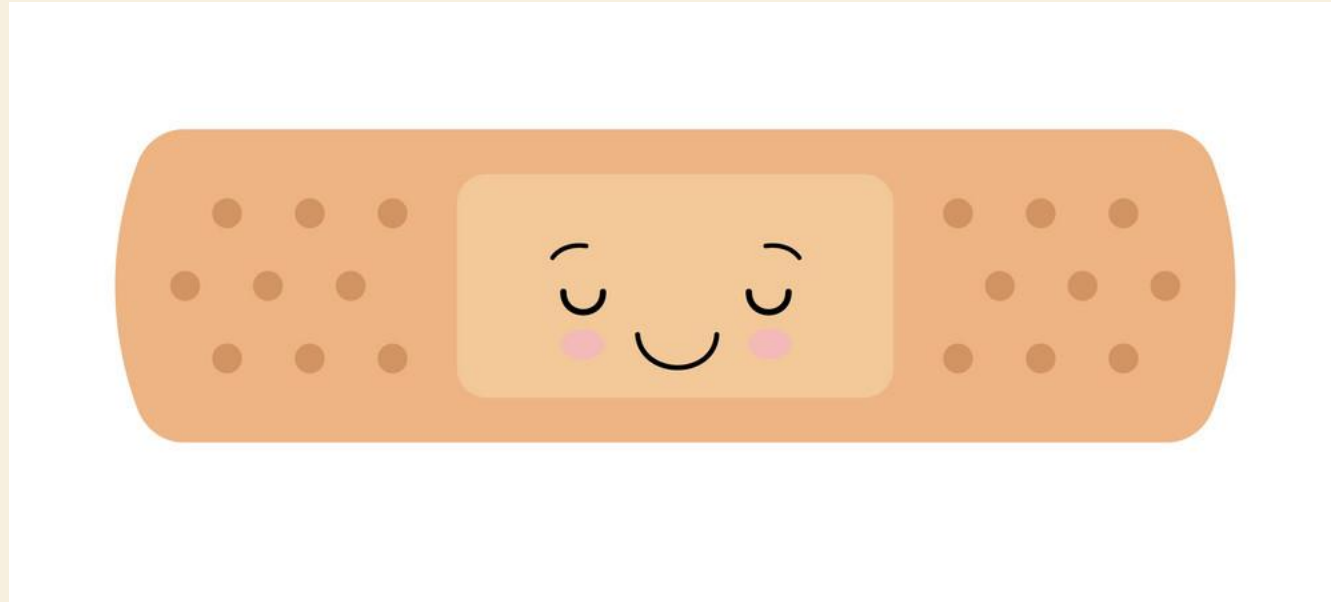


MINDFULNESS/YOGA

COMPASSION

MINDFULNESS/YOGA

Mindfulness can't fix everything



But it can help!

If not our techniques, find something that works for you

