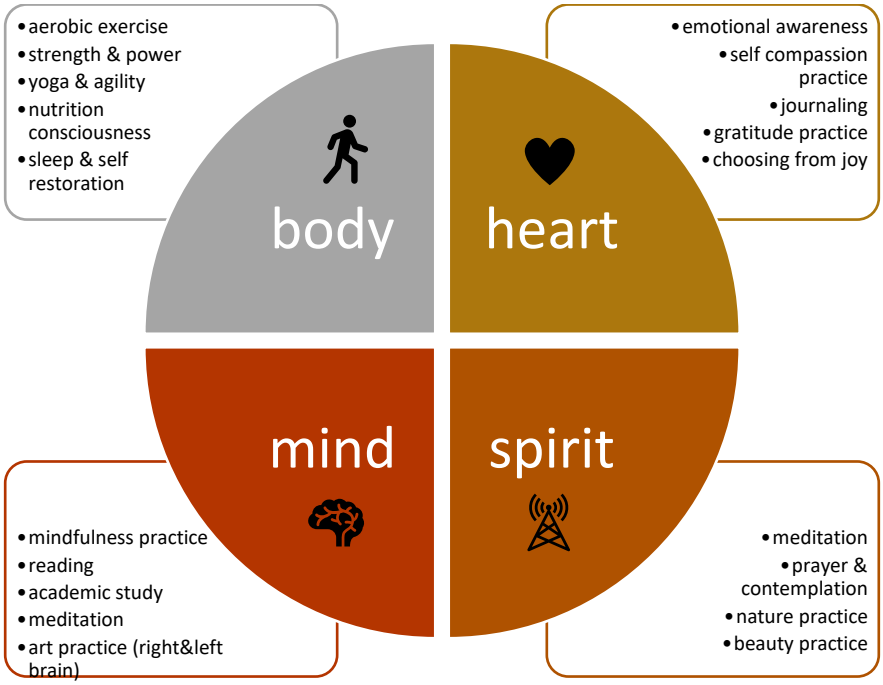
Here is your Week TWO *Practice Resource Guide!*



Body Practices

Aerobic Exercise

Aerobic exercise is any form of movement that raises your heart rate. There are so many ways to do this and it's only limited to your imagination. Walking briskly will raise your heart rate as will going up and down your stairs at home. Dancing in your kitchen, jumping jacks, wrestling with your kids, going for a light run around the neighborhood – this all counts. Build this into your day by starting with small increments of time and working your way up to more, or by doing you aerobic exercise a few times during the day.

This article has a list of 118 different forms of aerobic exercise.

Strength & power

Strength and power movement builds and maintains your body's muscle mass. Body weight strength training uses your own body weight as a form of resistance. Whether you are experienced at lifting weights or not, having a few body weight strength exercises in your back pocket for busy days always comes in hand.

This article has 8 body weight exercises you can do.

Yoga & agility

Yoga is great for so many reasons and introduces movement, relaxation and flow in to your day. It helps you create and maintain agility in your body and can be done at a range of intensities. There are many forms and variations of yoga, and each teacher practices yoga differently as well. It's worth finding a class of a form that you love.

If you're looking for yoga videos online Yoga by Adriene is a fantastic place to start.

Nutrition consciousness

Waking up to food and nurturing your own individual relationship to food and eating is a powerful practice that can be a part of your every day. Practices can be as simple as mindful eating (i.e. eating slowly and with presence) or being conscious of the colors and textures on your plate. Practices can involve finding every day pleasure with the food you are eating or may be about ensuring you eat consistently or in a way that ensures you have enough caloric energy for the day. Give yourself room to experiment and appreciate the gift of food.

Here are more ideas:

Appreciate your food by engaging your senses

How to eat slowly – 6 strategies

How to eat seasonally

Sleep & self restoration

Getting enough sleep each night is a practice and an art in itself. What every woman needs varies and it's worth learning what you need so that you can wake up refreshed for the day ahead. Start by making bedtime and wake time as consistent as possible and see what happens from there. If you're tired upon waking (note that it's normal to feel slower in the body when you wake) and don't want to get out of bed start to add 15 minutes on to your bed time or your wake time if this is possible.

Other practices can include creating a bedtime ritual to slow yourself down and learning how to create the right conditions for sleep.

Heart Practices

Emotional awareness

Once or twice a day check in with yourself and see how you are feeling. Work towards being able to describe the feeling you have in a moment, without judgment. Find ways to expand your emotional vocabulary by using finding different words for the feelings so you can have more nuanced emotional expression. If you aren't able to do this during the day, spend some time at the end of the day to scan over the day and name the feelings you had.

Self compassion practice

Self compassion practices involve learning to show yourself compassion in the midst of your busy and full life, and for what you're involved in day to day or in a season of your life. One of my favorite ways to cultivate self compassion is simply putting your hand on your heart when you're in something that has you full of feels. The idea is to bring compassion and not judgement to your experience.

Kristin Neff has many other self compassion practices on her website here.

Journaling

Journaling is a nice way to explore how you are feeling either in a moment or after an emotional moment or situation has passed. It helps us understand what we are feeling and can give language to our experience. Contrary to popular belief we don't have to use words to journal; sometimes coloring can be enough, as can using single words or images. If you're new to journaling it's a powerful practice to incorporate into your life.

This article has great tips for journaling to support your emotions.

Gratitude practice

Gratitude practice is the practice of capturing on some frequency things that you are grateful for. It's a simple practice that yields powerful benefits over time. It can be as simple as writing in your journal three things you were grateful for in your day. For an added boost, try to identify why you are grateful for what you've named and then *feel* your gratitude in your heart.

If you'd like to make this practice portable here is a list of the top gratitude apps on the market.

Choosing from joy

So much of our day to day "choosing" comes from obligation or expectation. Even our weekend to do lists can feel like an exercise in more productivity. Choosing from joy (or whatever emotion you choose i.e. calm, invigorated etc.) involves deciding to do in a day 1-3 things that will help you feel your desired emotion. It's about creating a day or moments in a day that will help you bring your desired emotion alive in your day.

Mind Practices

Mindfulness practice

Much can be said about mindfulness as a practice! Think of how you can bring mindfulness into your daily life by slowing down your laundry practice noticing the colors and textures of clothing (and smell LOL). Or you can wash your dishes mindfully and practice being in this very moment.

Bring mindfulness into everyday life

Reading

Reading can be a great practice when it's done focusing fully and solely on the words at hand. You can read (almost) anything and this can be a great way of bringing the mind TO what's at hand. It's good to be mindful of reading on a screen especially late at night.

Reading as a form of meditation

Academic study

Developing your knowledge and awareness of a particular topic is an important way of developing and caring for your mind. As a practice notice the sources of what you are studying so you can rest confident that you are learning from a reliable source.

Meditation

There are many, many ways to meditate and the key is to find the way that works for where you are now. You can mediate sitting or standing or walking. Eyes open or closed. The point isn't one right way it's to cultivate an inner focus all while being in our busy lives. No worries if your thoughts swirl by, meditation can be found in a simple coming back to your breath *as your thoughts go by.*

Best Mediation Aps for 2018

Meditation 101. Techniques, benefits and a beginner's how to

141 benefits of meditation

Art practice (right & left brain)

Cultivate an art or creative practice to develop the right-hand side of the brain. Typically, it is our left side of the brain that is regularly activated in so many of our logical learning and working environments. Art is a great way to develop the other side of your mind.

15 easy ways to stimulate the right-hand side of your brain

Spirit Practices

Meditation

See above.

Easy spiritual meditation for beginners and seasoned meditators

Prayer & contemplation

Prayer and contemplation are the simple practices of speaking to the spiritual being that you most identify with and/or simply contemplating your relationship with or the creation of that same being. As with any of these practices there is rarely a right nor wrong way to pray or contemplate. It often just involves a willingness to do so.

Here is an article on how to pray from a Christian perspective

Here are 10 Buddhist prayers to meditate on

Nature practice

When we are out in nature we are surrounded by the Mystery of nature. Being outside connects to the other forces at play in our planet and cultivates reference for plants, animals, trees etc. It also helps us re-connect to the rhythms of nature which are so different from those of day to day life. Beholding seasonal change can be a powerful spiritual practice.

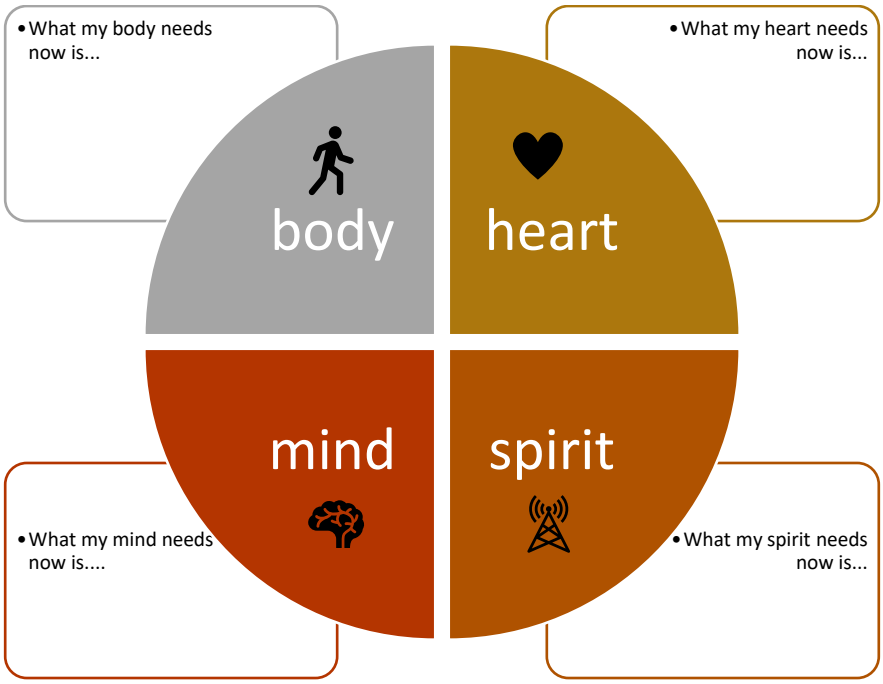
5 ways to tune into nature

Beauty practice

Beholding beauty, whether it is outside in the natural world, in a garden or in an art gallery can be a powerful spiritual practice. It can be as simple as noticing the colors around you, the flowers, the changing color of fall leaves or surrounding yourself with beauty in your home.

Three ways to notice beauty around you

Other

Here is a nice article of more ways to grow your spiritual self.

Which practices will you choose?