

ADAPTIVE RESILIENCE

for CHALLENGING TIMES

WE'RE HAVING A
MENTAL CRISIS
AFTER COVID



IMPROVED
MEMORY &
SELF-CONTROL

STRONGER
IMMUNE
SYSTEM

HELPS DEVELOP
EMPATHY

WHEN WE'RE
STRESSED
& ANXIOUS,
WE CAN'T TAP
INTO THE AREAS OF
OUR BRAIN NEEDED
for CREATIVE
THINKING



CORE MINDFULNESS TOOLS YOU CAN USE:

1 MINDFUL
BREATHING

2 MEDITATION

3 GROUNDING
& GRATITUDE
PRACTICE



SET ASIDE TIME to
PRACTICE MINDFULNESS!

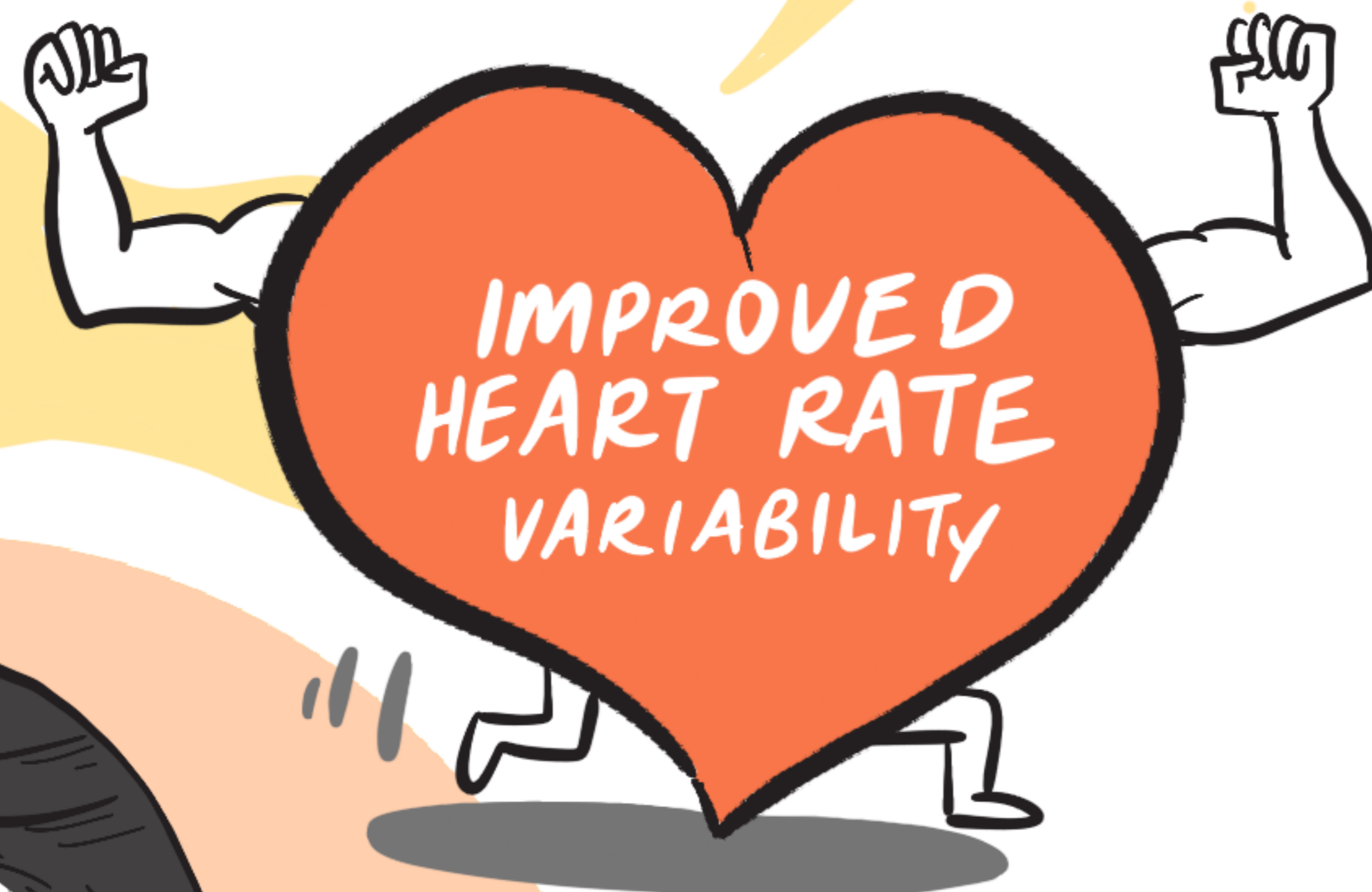
LET'S BE
KINDER
& MORE
UNDERSTANDING
to EACH OTHER!

IMPROVED
HEART RATE
VARIABILITY

MINDFULNESS

GROUNDING in
**BRAIN
SCIENCE**

HELPS
WITH EMOTIONAL
REGULATION &
POSITIVE THINKING!



BENEFITS of MINDFULNESS

NADYA
HUTAGALUNG

