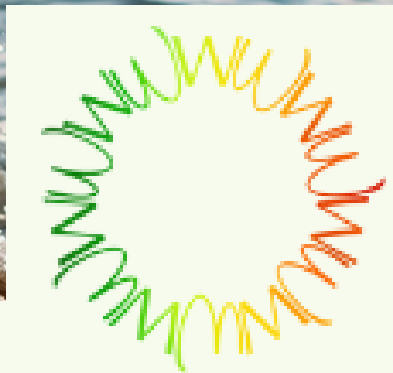


Weekly Wisdom

Grow the Green for You and Your Team



“The wisest one-word sentence? Breathe.” ~Terri Guillemets

Power Up Each Moment

Thanks to our friend and colleague at UVA’s FEAP, Anna Delong, for this week’s grow the green strategy.

Wouldn’t it be wonderful to both feel grounded and able to discern what is possible and most important in any given moment?

Anna shares a **Micro Reflective Practice (MRP)**, developed by Roshi Joan Halifax for health workers.

The MRP involves taking three slow, deep breaths, making it easy to practice anywhere, anytime.

FIRST BREATH CYCLE: Inhale deeply to gather your attention. Exhale slowly while focusing on the muscles around your eyes and tongue.

SECOND BREATH CYCLE: Inhale deeply, and regather your attention. Exhale slowly while noticing muscles in your shoulders, and then the sensations in your feet.

THIRD BREATH CYCLE: Inhale deeply, and recall what is most important in this moment. Exhale slowly and affirm what is most important.