

How might I recognize what my body and mind needs?

- Might depend on varying factors, including: what's top of mind e.g. responsibilities, deadlines; time of day; personal preferences
- Throughout the day: tune-in / check-in with the body and mind; notice a subtle / strong pull
- Scanning the body and breath for needing play: play; get up; stretch; drink some water; have a cup of tea / coffee; connect with loved ones; go outside; anything else?
- Scanning the body and breath for needing rest: time for rest; close your eyes for a moment; rest in your chair; go outside; anything else?

REFLECTION: ● What kinds of play / rest does your body and mind need / enjoy?

● What sensations appear as you scan the body and breath for needing play / rest?

MON _____

TUES _____

WED _____

THURS _____

FRI _____

SAT _____

SUN _____

MON _____

TUES _____

WED _____

THURS _____

FRI _____

SAT _____

SUN _____

RESOURCES:

- Zaria Gorvett: <https://www.bbc.com/worklife/article/20190312-the-tiny-breaks-that-ease-your-body-and-reboot-your-brain>
- Monica Villalobos: <https://www.theinertia.com/health/why-its-important-to-understand-the-6-basic-movements-of-the-spine/>
- Dr. Stuart Brown: <https://www.npr.org/sections/ed/2014/08/06/336360521/play-doesnt-end-with-childhood-why-adults-need-recess-too>
- Insight Timer®: <https://insighttimer.com/>
- Tara Brach: <https://www.tarabrach.com/courses/mindfulness-daily/>
- Elisha Goldstein: <https://elishagoldstein.com/ecourses/basics-of-mindfulness-meditation/resources/>
- OISE Wellness: https://www.oise.utoronto.ca/wellness/Weekly_Practice/index.html
- ORSS Mindful Practice: https://www.oise.utoronto.ca/orss/Mindfulness_Practice.html
- Jen B Yogi: <https://www.jenbyogi.com/> <https://www.youtube.com/channel/UCy84oa7ttKyR5BlbSErITBw>
- JabuMind®: <https://jabumind.com/>
- iRest®: <https://www.irest.org/live-stream-sangha-sessions-richard-and-stephanie>
<https://www.irest.org/recorded-sangha-sessions-richard-and-stephanie>

**Thank you for attending the OISE Wellness Living & Working Lunch & Learn session entitled:
*We All Need Recess & Naps, by Jen Baradi***

We hope you enjoyed the session and were able to learn some valuable information to help cultivate your health and wellness.

If you have any questions for Jen, please feel free to reach out to her. You can find her with the following links:



jennifer.baradi@tdsb.on.ca



jenbyogi@gmail.com



@jenbyogi



https://www.oise.utoronto.ca/wellness/Weekly_Practice/index.html