SID JACOBSON JCC'S **MINDFUL MOMENTS** RESILIENCE CHALLENGE

WHAT IS THE CHALLENGE?

Welcome to the Resilience Challenge, a holistic journey aimed at strengthening our ability to thrive in the face of life's demands.

Resilience is not only about bouncing back from difficult times but also about building a foundation for wellbeing. Throughout each experience, you are invited to engage in activities designed to enhance various aspects of your emotional and physical stability.

The Resilience Challenge recognizes that a well-balanced approach to fostering positive habits is a cornerstone of optimal mental health.

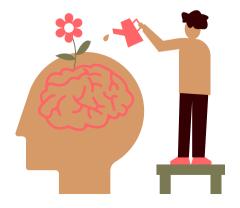
Are you ready to be transformed?

WHAT IS THE LINK BETWEEN "MINDFUL MOMENTS" AND RESILIENCE?

Mindfulness isn't just a buzzword - it's a powerful tool for resilience.

Being present allows us to manage stress, improve focus, and build emotional strength. We train our brains to handle challenges clearly and calmly when we slow down and engage fully in the moment.

This month, challenge yourself to embrace mindful moments in everyday life. Small shifts in attention can make a significant impact.







MINDFUL MOMENTS

1	2	3	4
Notice 5 things around you with each sense	Trace your fingers while breathing in and out	Drink a full glass of water with total focus	Watch the movement of clouds
5	6	7	8
Press your feet into the ground and feel "rooted"	Peel an orange and notice the scent, texture, and taste	Write a single sentence about the present moment	Match your breath to the imagined rhythm of ocean waves
COMPLETED	COMPLETED	COMPLETED	COMPLETED
9	10	11	12
Eat a meal in total silence	Listen for the quietest sound in the room	Hold a small object and describe it in detail in your mind	Close your eyes and feel the weight of your body
	COMPLETED	COMPLETED	COMPLETED
13	14	15	16
Watch steam rise from a hot drink	Stack small objects (e.g., pebbles) with total focus	Trace the shape of a leaf with your finger	Gently tap your fingertips together, noticing the sensation
COMPLETED	COMPLETED		
PAUSE AND REFLECT			
Consider how these self-care activities influenced your mood, energy, and mindset.			

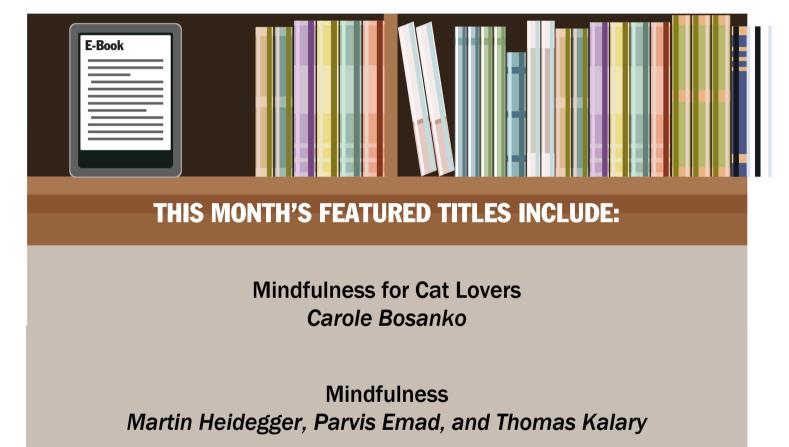
Journal your thoughts and discoveries to deepen your resilience journey.

SID JACOBSON JCC'S MENTAL HEALTH AND WELLBEING EBOOK COLLECTION

AT THE BRYANT LIBRARY

Scan the QR code below to access featured titles and up to 5,000 more!

Access the free subscription using your Bryant Library card remotely, and in person at Sid Jacobson JCC or The Bryant Library.



5-Minute Mindfulness Meditations for Teens Nicole Libin





Federation

FOR MORE INFORMATION, CONTACT LISA KORMAN, PSYD, DIRECTOR PRONOUNS: SHE/HER 516.484.1545 EXT. 231, LKORMAN@SJJCC.ORG SJJCC.ORG/RESILIENCE