

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

<h2>1</h2> <p>Notice 5 things around you with each sense</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>2</h2> <p>Trace your fingers while breathing in and out</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>3</h2> <p>Drink a full glass of water with total focus</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>4</h2> <p>Watch the movement of clouds</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>5</h2> <p>Press your feet into the ground and feel “rooted”</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>6</h2> <p>Peel an orange and notice the scent, texture, and taste</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>7</h2> <p>Write a single sentence about the present moment</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>8</h2> <p>Match your breath to the imagined rhythm of ocean waves</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>9</h2> <p>Eat a meal in total silence</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>10</h2> <p>Listen for the quietest sound in the room</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>11</h2> <p>Hold a small object and describe it in detail in your mind</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>12</h2> <p>Close your eyes and feel the weight of your body</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>13</h2> <p>Watch steam rise from a hot drink</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>14</h2> <p>Stack small objects (e.g., pebbles) with total focus</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>15</h2> <p>Trace the shape of a leaf with your finger</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>16</h2> <p>Gently tap your fingertips together, noticing the sensation</p> <p><input type="checkbox"/> COMPLETED</p>

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.

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THIS MONTH'S FEATURED TITLES INCLUDE:

Mindfulness for Cat Lovers
Carole Bosanko

Mindfulness
Martin Heidegger, Parvis Emad, and Thomas Kalary

5-Minute Mindfulness Meditations for Teens
Nicole Libin



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