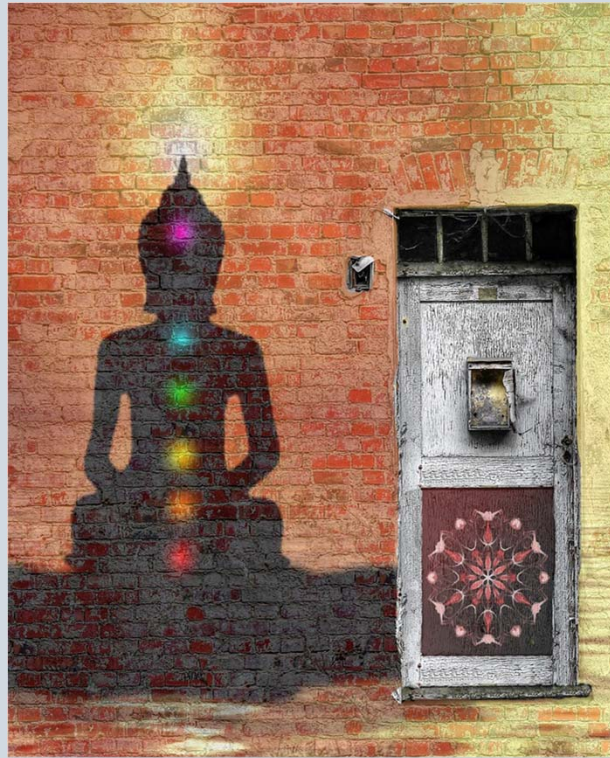
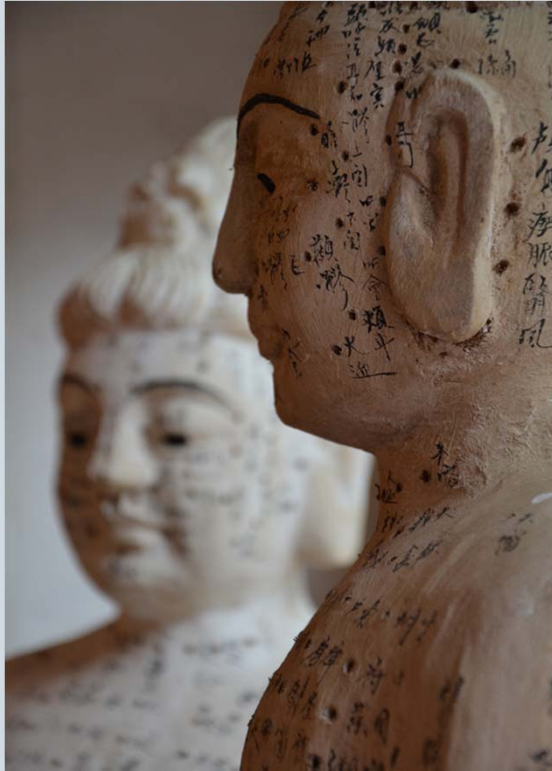


Mind Body Spirit Connection

You've Got This!

JEANNINE BELLANTI MCSORLEY, APRN, LMT, RYT-500



In the time we have together...

- Share my personal Mind Body Spirit (MBS) journey
- Offer a Top 10 Self-Care Toolkit
- Guide you through a MBS experience
- Share benefits of MBS professionally & personally







Most Important Tool: Presence



Be kind
whenever
possible.

It is always
possible.

- Dalai Lama

Top 10 Self-Care Toolkit



<http://letlovebloom.com.au/self-care-tools/contact/>

1. Begin by taking the first step

The journey of a thousand miles begins with one step. Lao Tzu



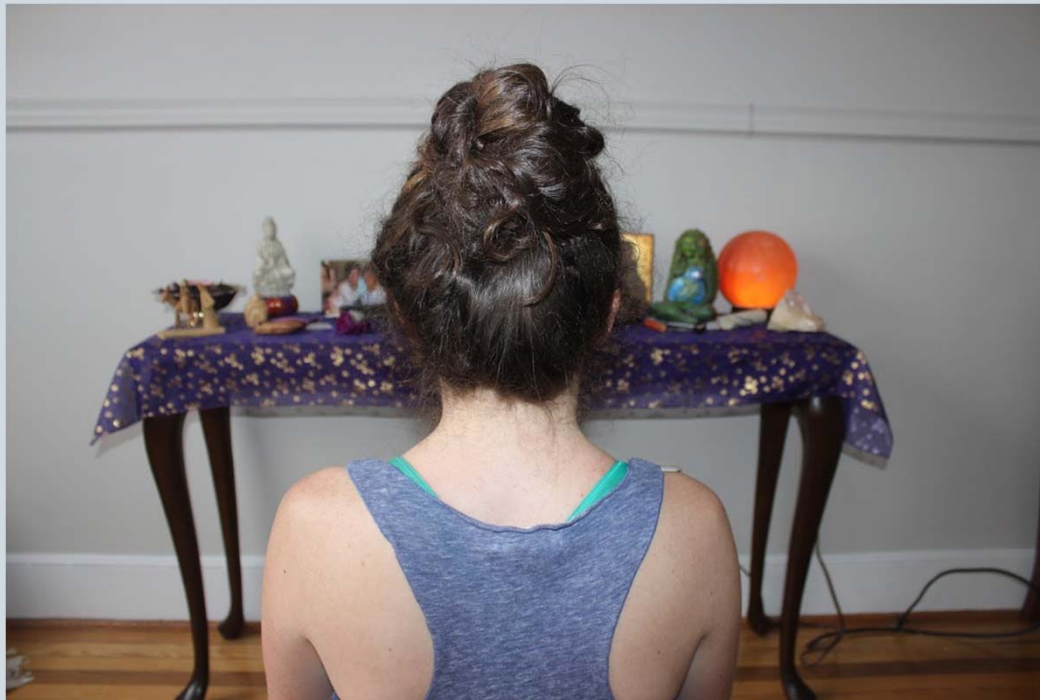
2. Develop a MBS practice & be consistent



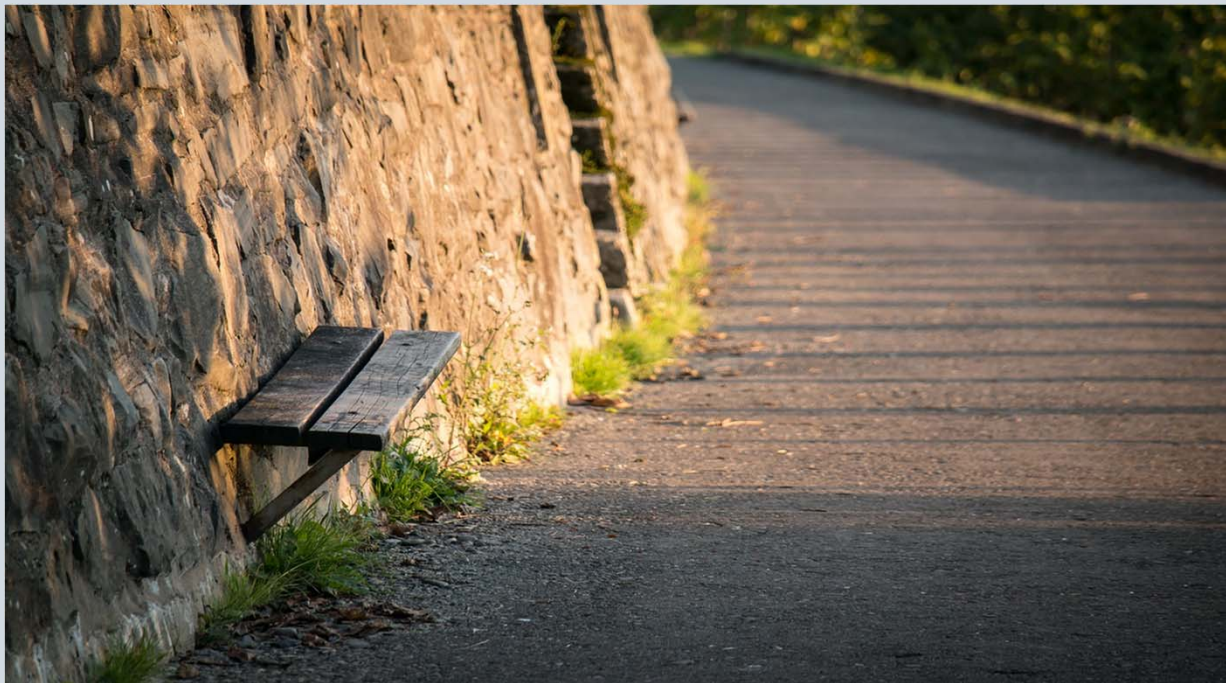
3. Find Your Teacher



4. Create Sacred Space



6. Practice Mindful Awareness



7. Mantra/Prayer/Intention



8. Cultivate Healthy Relationships



9. Avoid Unhealthy Situations



10. Count Your Blessings



Top 10 Self Care Tools

1. Begin (*Explore, Experiment, Discover*)
2. Develop a Practice (*Just Do It...Consistently*)
3. Find Your Teacher (*Inner Wisdom*)
4. Create Sacred Space (*Reminder, To Go*)
5. Breathe
6. Practice Mindful Awareness (*Name it, Claim it, Tame it*)
7. Mantra/Prayer/Intention
8. Cultivate Healthy Relationships (*Birds of a Feather*)
9. Avoid Unhealthy Situations (*Just Say No*)
10. Gratitude (*Count Your Blessings*)









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Resources

The Greater Good Science Center studies the psychology, sociology, and neuroscience of well-being, and teaches skills that foster a thriving, resilient, and compassionate society.

<https://greatergood.berkeley.edu>

Positive Psychology Center at the University of Pennsylvania is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play. <https://ppc.sas.upenn.edu>

Take Charge of Your Health & Well-being at the University of Minnesota. Learn how a holistic approach to well-being can help you discover health, contentment, purpose, and connection.

<https://www.takingcharge.csh.umn.edu>

