



UCC MIND: MODULE B

# MINDFULNESS SPACE

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# THE ULTIMATE CRASH COURSE

on how to take care of our mind

## SELF-EXAMEN PLUS

How Am I Feeling Today?

What's Been Worrying Me Lately?





## **Am I Providing My Body With Its Basic Needs?**

## **What Am I Doing to Bring Myself Joy?**

## **Who Do I Have In My Corner?**



# ENACTING TOOLS

LEARN-BY-DOING



## **How to Check In On Your Mental Health >>**

5 Questions to Ask Yourself Every Day

## **If You Think You Need Serious Help >>**

Mental Health Assessment Online

## **6-Phase Meditation >>**

5 AM Meditation with Coach AJ

## **Check out the recorded video**

- **5-Min Meditation**
- **Mindful Breathing**
- **Senses**
- **Body Scan**