

Precious Present Challenge

Nov. 23 – Dec. 20, 2020



Gift yourself with the “Inner PPE” of self-care, mindfulness, & savoring the Equally True: gratitude, joy, love & playfulness!

The busy-ness of our lives gets especially overwhelming at the holidays. And for many of us, this holiday season will be like no other we’ve ever experienced. The COVID pandemic, political unrest, and financial insecurity can interrupt the expected joys of the season. Gift yourself with a precious present: This challenge invites you to **STOP...Breathe...Think...and Choose** to gift yourself with a variety of self-care practices. Each week will have a different emotional target: gratitude, joy, love, and play.

We become the gift when we reflect these emotions back into the world through our work, relationships and charitable giving. And by our practice, we come to recognize the “equally true” in all our moments. Even in the challenge, frustration, and upset of this current season of life, we can savor gratitude, joy, love, and playfulness to preserve our well-being. No doubt, the pandemic, separation from family, enduring a long/dark winter, changes to holiday plans, or other challenging life events are real and we may grow weary. Savoring the equally true helps preserve our energy and mood...guiding us...

To become a master of our moments...not a victim of our day. – Coach Cami

How do I get started?

- Use this guide to collect tips and track your practices each week.
- Stop by the Center for Employee Resilience (CER) to pick up your participation gift – a small bow to remind you to gift yourself with a pause to savor the precious present moment and “be the gift” by sharing the presence of your “inner PPE” (gratitude, joy, love and playfulness) in the way you work and engage with self and others.
- “Be the gift” by doing/being good for others in a way that is meaningful to you. Pay attention to notices in huddles or from your community to engage in giving opportunities.

Savor the precious present: The Inner PPE of gratitude, joy, love and playfulness

Practice a mindfulness activity and cultivate positivity for at least 20 minutes daily. This can be done all at one time...or spread out over the course of a day...5 minutes in morning, 5 at noon...5 at end of work day...5 before bed – or any combination to accumulate 20 minutes of present moment awareness and positive emotion. Each week will have suggested practices. For additional resources and tips visit: www.guidedresilience.com

Week One Nov. 23 – 29: Gratitude



STOP...Breathe...Think...Choose: Gratitude

We begin the Precious Present Challenge with a focus on Gratitude. As we head into the Thanksgiving Holiday, pause for a few moments to savor the blessings in your life. This week’s mindfulness practice is called the **3 Blessings Practice**. It has been shown to elevate mood, ease anxiety and depression, and improve sleep. Integrate this practice into your day to achieve your 20 minutes of mindfulness goal.

The 3 Blessings practice: At the end of each day...

- Write down 3 things that went well during your day and why.
- Savor and describe each blessing in a thorough but casual way.

In addition to the 3 Blessings exercise:

- Infuse your day with gratitude with a Mindful Pause: Stop, breathe, and think by recalling one of your blessings and allow it to grow the sense of gratitude in your body, mind, and spirit. For an audio guide of a Mindful Pause visit: <https://guidedresilience.com/mindful-pause-meditation/>
- Schedule a Be Well moment for your huddle. Contact Brooke.M.Campbell@healthpartners.com
- Write a thank you note to a friend or colleague. If you have children, invite them to craft a thank-you note for a teacher, coach, or friend.
- Try this [Movement Meditation of the Blessing Bowl](#) to cultivate a mind, body, spirit of gratitude.
- Be the gift! Connect with your leader or Be Well Champion to see what giving options are being promoted in your department or within the hospital.

Gratitude is recognized as a very powerful mind/body emotion that can help you shift the energy and/or mood of your day. Gift yourself with the precious present of gratitude this week!

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” – Melody Beattie

Put a checkmark on the days that you practice a Precious Present of gratitude found in this newsletter (or one of your own.)							
Strategy for Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Savor Gratitude							

Try to accumulate 20 minutes over the course of your day to practice mindfulness & cultivate gratitude.

Week Two Nov. 30 – Dec. 6: Joy



STOP...Breathe...Think...Choose: Joy!

Bring mindfulness to simple pleasures this week to discover unexpected joy there. Savoring joy elevates mood, gives a boost to the immune system, and alleviates anxiety. Joy can even be an “emotional contagion” that spreads to others! Joy is one contagion worth sharing so be intentional and generous as you sprinkle joy through your day!

Insert a joy practice every 60-90 minutes to feel refreshed and shift your mood and energy level. The joy practices below can be effective when practiced for as little as 2-5 minutes.

Set a reminder to gift yourself with self-care. Choose from the list below to cultivate joy this week:

- Watch the sun rise or set – savor the beauty.
- Try smiling...even under your mask...when engaging with people. Even with a mask on, people can see a smile in your eyes. And just the posture of a smile triggers body changes that elevate our mood...so shift your mood by smiling during mundane or challenging tasks. SHIFT happens!
- For a daily dose of just “Good News” go to www.goodnewsnetwork.org
- Move into joy! Dance, ski, or attend a virtual fitness class on WellBeats!
- Schedule a session with Professional wellness coach, Cami Smalley (cami.m.smalley@healthpartners.com), to see feedback with heart-rhythm technology that shows you how positivity looks...and feels.
- Be the gift! Connect with your leader or Be Well Champion to see what giving options are being promoted in your department or within the hospital.

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” ~ Thích Nhất Hạnh

Put a checkmark on the days that you practice the Precious Present of joy for at least 20 minutes with one of the examples above (or one of your own.)

Strategy for Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cultivate Joy							

Try to accumulate 20 minutes over the course of your day to practice mindfulness and cultivate joy.

For additional tips and resources visit:

www.guidedresilience.com



Week 3 Dec. 7 - 13: LOVE

STOP...Breathe...Think...Choose: LOVE!

This week we are mindful of cultivating love in our heart. Loving-Kindness Meditation (LKM) is a practice that connects us to love and helps us grow love for self and others. This practice has immense benefits: dissolves barriers in our heart that create separation between ourselves and others, improves concentration, transforms fear and negativity into courage and kindness, and we learn to care for and love all beings...including yourself! The practice invites you to extend a blessing to a series of targets. The blessing can be very simple:

“May you healthy. May you feel loved. May you be protected from inner and outer harm.”

During your meditation, imagine the well-wishing traveling to the person and them feeling your blessing. Spend time with each of the following:

- **Loved One** – someone who calls up easy and uncomplicated feelings of love.
- **Self** – YOU! Picture yourself and extend the blessing to you.
- **Neutral Person** – someone you may not know well or with whom you find no strong positive or negative feelings. Or this could be a group of people.
- **Difficult Person** – this is where the practice can become challenging. Focus on someone of challenge to you – or a group of people. Hold the same intensity of love throughout.
- **Finish with a focus on all living things.** Let the radiance of love extend to the ends of the universe.

Additional practices to cultivate love:

- Invite the Be Well Squad to a huddle or staff meeting. (Contact Brooke Campbell or Cami Smalley)
- Call a loved one or friend for conversation.
- Practice a random act of kindness toward a stranger, friend or loved one.
- Wrap holiday presents mindfully...extending a blessing to each person as you wrap their gift.
- Be the gift! Connect with your leader or Be Well Champion to see what giving options are being promoted in your department or within the hospital.

“While infused with love you see fewer distinctions between you and others. Indeed, your ability to see others – really see them, wholeheartedly springs open.” ~Barbara Fredrickson, researcher, author, Love 2.0

Put a checkmark on the days that you practice the Precious Present of LOVE by one of the examples above (or one of your own.)

Strategy for	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Practice love							

Try to accumulate 20 minutes over the course of your day to practice mindfulness and cultivate love.



Week 4 Dec. 14-20: Play

STOP...Breathe...Think...Choose: Play!

This week we are mindful of enjoying the playful spirit of the season.

“Have regular hours for work and play; make each day both useful and pleasant, and prove that you understand the worth of time by employing it well. Then youth will bring few regrets, and life will become a beautiful success.” — **Louisa May Alcott**

- Try a new winter sport: snow-shoeing, downhill or Nordic skiing, hockey, snowmobiling, or ice-fishing.
- Play outside in the snow: snow fort, snow ball fight, sledding, or ice-skating. And remember this Scandanavian adage, “There’s no such thing as bad weather, only bad clothing.” And wearing a mask will keep you SAFE AND WARM!
- Schedule holiday baking and enjoy decorating your creations.
- Plan your holiday commitments mindfully so that you can enjoy each event safely, without distraction, expectation, or overwhelm.
- Decorate your home for the holiday or with items that bring more light or playfulness into your home.
- Get out the boardgames, card games, darts, pool or ping pong for indoor play with family!
- Be the gift! Connect with your leader or Be Well Champion to see what giving options are being promoted in your department or within the hospital.

Snow was falling, so much like stars filling the dark trees, that one could easily imagine its reason for being was nothing more than prettiness. -Mary Oliver

Put a checkmark on the days that you practice the Precious Present of Play by one of the examples above (or one of your own.)							
Strategy for Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Practice love							

Try to accumulate 20 minutes over the course of your day to practice mindfulness and cultivate play.

Congratulations on journeying through the season with gratitude, joy, love, and play!

For additional tips and resources visit:

www.guidedresilience.com