

Mindfulness Resources

Many of the tips included in the previous article included actionable ideas as ways to invest in yourself. A very helpful activity is being mindful, such as tip #15: Meditate and Practice Mindfulness.

If you're interested in practicing more mindfulness in your life as a way to invest in yourself, here are some helpful resources:

115FW Mindfulness Sessions

Emily Barret, 115FW Director of Psychological Health (DPH) and Alicia Zenk, 115FW Military & Family Life Consultant (MFLC) facilitate mindfulness sessions at the unit's Health And Wellness Class (HAWC) every Sunday of drill weekend. The team can also offer a space and time to instruct mindfulness classes with individuals or groups, as requested. Emily Barrett, 608-400-5275 & Alicia Zenk, 608-215-3037.

One Minute Mindfulness Practice

Take a moment to pause from whatever you are doing to take a deep breath in and then exhale slowly. Do this a couple of times and notice what emotion you are feeling. Once you've completed your intentional breaths, return to your task at your own pace and with your new awareness to the present moment.

CHW Mindfulness Videos & Resources

Visit our Comprehensive Health & Wellness site for a plethora of mindfulness resources and ways to connect with a subject matter expert to help you (or your family) make progress toward your self-investing goals.



Consider scheduling an appointment with a CHW Health Coach, Dietician or Social Worker to assist you with your 'Investing in Yourself' goals. <https://wisconsinmilitary.org/chwbooking>



Mindfulness: Stillness Practice
(4:27)



Understanding Motivation.
(7:51min)



How Self-Determination
Influences Motivation. (8:52
min)

These videos & more can be found on the CHW site:
<https://wisconsinmilitary.org/chwresources/>