

NRH SENIOR CENTER

# TAKING CARE OF YOU



Week 1 of 5

## M Meditation

[3 Minute Meditation](#)

## T Gratitude

Gratitude forces us to pay attention to the good things in life we might otherwise take for granted.

## W Brainstorming

is a relaxed approach to problem solving with lateral thinking. It encourages people to come up with thoughts and ideas that can, at first seem a bit crazy.

## TH Implementation

How are you doing in your efforts to Take Care Of You this week?

## F Meditation

[3 Minute Meditation](#)

## ACTIVITIES



## 3 MINUTE MEDITATION

<https://youtu.be/SEfs5TJZ6Nk>



## GRATITUDE

List 3 things you are thankful for

- 1.
- 2.
- 3.

NRH SENIOR CENTER  
Brainstorm ways to  
eat more veggies this week



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# TAKING CARE OF YOU

Week 2 of 5



**M** **Meditation**

<https://yogawithadriene.com/7-minute-meditation-to-start-your-day/>

**T** **Gratitude**

Gratitude forces us to pay attention to the good things in life we might otherwise take for granted.

**W** **Brainstorming**

is a relaxed approach to problem solving with lateral thinking. It encourages people to come up with thoughts and ideas that can, at first seem a bit crazy.

**TH** **Implementation**

How are you doing in your efforts to Take Care Of You this week?

**F** **Meditation**

<https://yogawithadriene.com/7-minute-meditation-to-start-your-day/>

**The Benefits of Mindful Meditation for Older Adults - and How to Get Started**  
[SeniorsMatter.com](https://SeniorsMatter.com)



**7 Minute Meditation to Start Your Day**

Think you don't have the time? Think again. Take this 7 minutes (in heaven) to slow down, be still and set intentions for an amazing day. 7 Minute...

<https://yogawithadriene.com/7-minute-meditation-to-start-your-day/>

**GRATITUDE**

List 3 things you are thankful for

- 1.
- 2.
- 3.

NRH SENIOR CENTER  
Brainstorm ways to  
drink more water this week



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**TAKING  
CARE  
OF YOU**

WEEK 3 OF 5

**M Meditation**

5-Minute Meditation for Anxiety from Health Magazine.

<https://www.youtube.com/watch?v=KFFWR8llyD4>

**T Gratitude**

Gratitude forces us to pay attention to the good things in life we might otherwise take for granted.

**W Brainstorming**

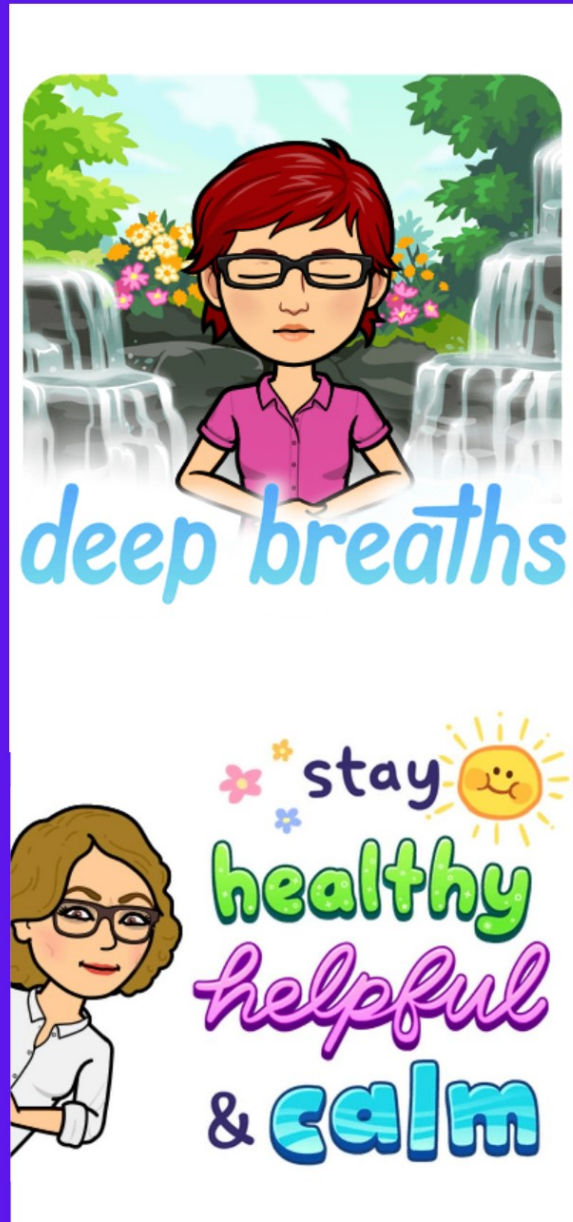
is a relaxed approach to problem solving with lateral thinking. It encourages people to come up with thoughts and ideas that can, at first, seem a bit crazy.

**TH Implementation**

How are you doing in your efforts to Take Care Of You this week?

**F Meditation**

Same as Monday. The technique is one you can use on your own. Count as you breathe in. When you exhale, add a count or two.



**Gratitude**  
List 3 things you are thankful for

- 1.
- 2.
- 3.

# NRH SENIOR CENTER TAKING CARE OF YOU

WEEK 4 OF 5

## **M** Meditation

3 Minutes Body Scan Meditation for Kids and Adults

[https://www.youtube.com/watch?v=ihwcw\\_ofuME](https://www.youtube.com/watch?v=ihwcw_ofuME)

## **T** Gratitude

Gratitude forces us to pay attention to the good things in life we might otherwise take for granted.

## **W** Brainstorming

is a relaxed approach to problem solving with lateral thinking. It encourages people to come up with thoughts and ideas that can, at first, seem a bit crazy.

## **TH** Implementation

How are you doing in your efforts to Take Care Of You this week?

## **F** Meditation

Same as Monday. For those taking care of grandchildren during this time, this is a great way to introduce them to simple meditation.



*just  
breathe*



## **Gratitude**

List 3 things you are thankful for

- 1.
- 2.
- 3.

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# TAKING CARE OF YOU

Current Mood



Week 4 of 5

## M Sleep

It is involved in healing and repair of your heart and vessels. Sleep is directly involved in how nerve cells communicate to one another

## T Begin Mood Tracker

Tuesday:                      Friday:  
Wednesday:                  Saturday:  
Thursday:                      Sunday:  
   Monday:

## W Gratitude

Gratitude forces us to pay attention to the good things in life we might otherwise take for granted.

## TH Brainstorming & Implementation

is a relaxed approach to problem solving with lateral thinking. It encourages people to come up with thoughts and ideas that can, at first seem a bit crazy.

**at the end of the week**

*How are you doing in your efforts to "Take Care Of You" this week?*

## Mood Tracker

When it come to your well-being, your mood plays a vital role in determining where you will focus attention, actions you will take, and what your energy level will be.

A Bullet Mood Tracker is a good first step.

Think about your mood in the morning, How do you feel:

- Nervous
- Restless
- Surprised
- Imaginative
- Adventurous
- Angry
- Comfortable
- Contentment/Peace
- Lovable

## GRATITUDE

List 3 things you are thankful for

- 1.
- 2.
- 3.

## F Meditation

*The Daily Calm - 10 minute Meditation*

<https://youtu.be/ZToicYchIOU>

NRH SENIOR CENTER  
**BRAINSTORM WAYS TO  
TO GET BETTER SLEEP**

