

## "Gardening your Soul" Kit



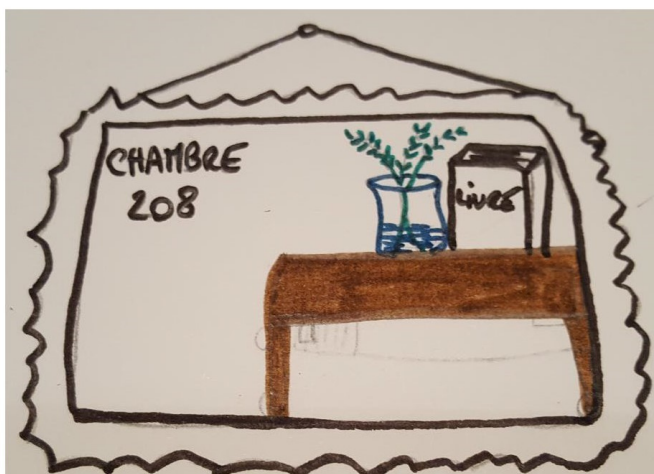
Take care by "gardening" yourself at least 5 minutes a day to help you take care of others

## Mindfulness: Breathe



<https://youtu.be/nmFUDkj1Aq0>

## Mindfulness: Observe



## Mindfulness: Eating & Drinking



## Mindfulness: Breathe

- ☀ Sit comfortably in a quiet place (like a break room or your car)
- ☀ Close your eyes and put your hands on your belly, if you wish. Otherwise gaze at a fixed point in front of you.
- ☀ You can use free help on YouTube by scanning the QR Code on the previous page, or set a timer for 5 minutes.
- ☀ Inhale and exhale without trying to control your breathing, feel this continual breath, rising and falling, and remain fully present whatever happens to you. Stay focused on this breath. Observe and accept without judging or criticizing yourself for passing thoughts.

- ☀ Here is a kit for "gardening" your soul and "cultivating" your health in times of confinement and increased stress at work.
- ☀ Because those who take care of others also need to take care of themselves, taking care of yourself is essential.
- ☀ And since there is not a lot of time for self-care, each of the projects presented in this small "indoor gardening" kit will take you only 5 minutes.



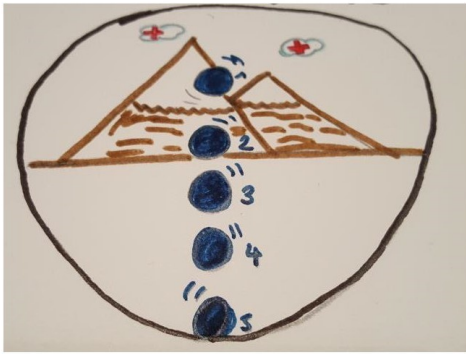
## Mindfulness: Eating & Drinking

- ☀ Sit comfortably in a quiet place (like a break room or your car)
- ☀ Have a glass of water.
- ☀ Bring the glass to your mouth and drink slowly while focusing on each sensation of the flow of water in your body.
- ☀ Repeat this during one of your micro-breaks in the morning, afternoon, or evening.
- ☀ Eat slowly while chewing and close your eyes, trying to feel each movement and each flavor, giving yourself a moment of mindfulness while eating.

## Mindfulness: Observe

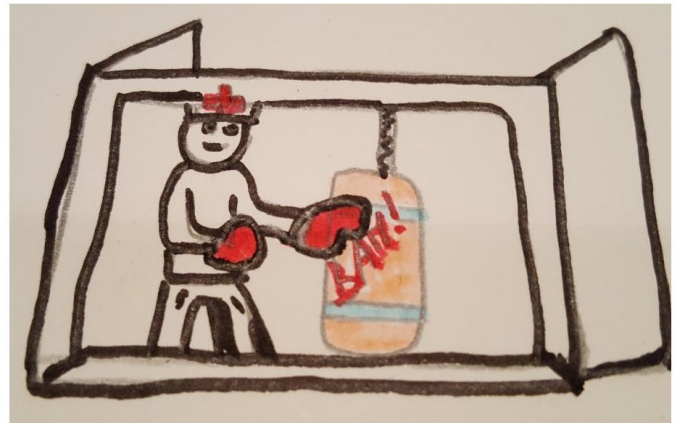
- ☀ Sitting or standing, put your attention on an ordinary object in a resident's room, in a break room, or in your car.
- ☀ Set a timer for 5 minutes (on your phone for example).
- ☀ Now observe the object which usually seems so ordinary, as if you were discovering it for the first time. Give it your full attention. Let yourself be surprised and moved by it. This object can be a pitcher, a tablet, a respirator, a pencil, etc.
- ☀ Finish by slowly coming back here and now to what you are doing

## Cardiac Coherence



<https://youtu.be/dGJkzyKHKUE>

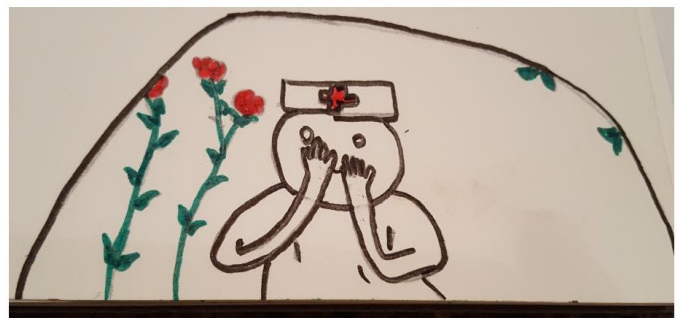
## Lighten Your Load



## Mini Gym for your Brain



## Self-Massage





## Lighten Your Load

- ☀️ Settle in a quiet place (like a break room, car, or outdoor space)
- ☀️ Set a timer for 5 minutes
- ☀️ Take a deep breath
- ☀️ Hit a “punching bag” (a linen bag full of sheets installed in the break room, for example)
- ☀️ Or turn on upbeat music that you love, bend your knees and let your body move with the music by relaxing your shoulders, your neck, your head, your waist.
- ☀️ Calmly return to what you were doing

## Cardiac Coherence

- ☀️ Sit comfortably in a quiet place (like a break room or your car)
- ☀️ Using a smart phone, computer, or tablet available at your workplace or in your car during breaks, access a free video by Vision Positive by scanning the QR Code with the device camera.
- ☀️ Inhale when the ball goes up on the screen.
- ☀️ Exhale when the ball goes down.
- ☀️ Finish by coming back slowly to the here and now.

## Self-Massage

- ☀️ Sit in a quiet place (break room, car, outdoor space)
- ☀️ Turn on a laptop, smart phone, or tablet available at your workplace or in your car and access these videos on YouTube by scanning the QR code 1 (face) or 2 (hands).

**FACE**



<https://youtu.be/28cwRKdWE2M>

(be sure you wash your hands before and after touching your face)

**HANDS**



[https://youtu.be/eJ-gmjF34\\_Q](https://youtu.be/eJ-gmjF34_Q)

- ☀️ Calmly return to what you are doing

## Mini Gym for your Brain

- ☀️ Sit in a quiet place (like a break room or your car)
- ☀️ Set a timer for 5 minutes
- ☀️ Take a deep breath
- ☀️ Cross your feet
- ☀️ Then, as shown in the picture, cross your hands and your arms
- ☀️ Bring your crossed arms against your chest
- ☀️ Breathe and stay this way for a moment, while allowing calm to wash over you

If you want to go further and explore self-care beyond this time of confinement and pandemic, here are references which inspired these exercises:

🌿 **Meditate day after day**, Christophe André

🌿 **Cardiac coherence 365**, Dr David O'Hare

🌿 **Brain Gym, Movement-based learning**, Paul and Gail Dennison

🌿 **Self-massage: Qi, healing vital energy**, documentary Arte

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**This kit is free and should be shared without  
restriction to all those who need it.**



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for Applied Research in Dementia



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