

RESILIENCE PRACTICE

1. Practice appreciation with sound—express gratitude for what is
2. Center
3. Move from center
4. Mountain pose
5. Sun
6. Smile
7. Experience expansive and contractive energy
8. Throw voice from diaphragm
9. Offer good wishes or blessings
10. Make the sound “Ahhhhh”
11. Feel it real
12. Practice appreciation with sound—express gratitude for what is