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*When the world seems scary,  
the work you do every day  
makes the difference.*



**THANK YOU**  
**DIRECT SUPPORT PROFESSIONALS!**

[#developmentalservicesmatter](#)

*“Life is full of moments you can’t put into words.”*

# *Open* **Hands**



*Kaylee Jennings born  
February 19<sup>th</sup>, 2020*

*Welcome  
To the **WORLD**  
Little One*

**Happy**   
**Birthday**  
**Marc** 

*Be Well and Stay Safe!*







## Reclaim Your Calm Through Mindfulness

During these trying times, it's more important than ever to invest in self care. Incorporating mindfulness into your routine can help reduce stress and anxiety, while building healthy coping skills. The ability to identify and accept your thoughts and feelings can go a long way to improve both your mental and physical health. Numerous evidence-based studies have made encouraging conclusions about the benefits of practicing Mindfulness. It equips you with the ability to:

- Strengthen your immune system
- Reduce feelings of anger, aggression, and stress
- Change brain structure to support learning, memory, emotion regulation, and empathy
- Increase focus
- Become altruistic and self-compassionate
- Enhance relationships
- Reduce feelings of anxiety and depression

### How do I get started?

Mindfulness does not have to be cultivated by long periods of meditation. Incorporating even short, daily activities into your routine can achieve results. Some suggestions include:

- Pay close attention to your breathing, especially when you're feeling intense emotions.
- Take notice of what you are sensing in a given moment - the sights, sounds, and smells that ordinarily slip by without reaching your conscious awareness.
- Recognize that your thoughts and emotions are fleeting and do not define you, an insight that can free you from negative thought patterns.
- Tune into your body's physical sensations, from the water hitting your skin in the shower to the way your body rests in your chair.

There are various ways to practice mindfulness, and it is most successful when you choose a strategy or activity that works best for you. Many great apps have emerged in recent years that can assist with starting the habit while building a foundational base. Check out these apps to get started:

1. [Calm](#) – Free version available in both English and French.
2. [Headspace](#) – Free content available with the option to upgrade to unlock additional content. Available in English and French.
3. [Petit Bambou](#) – Free programs available with the option to upgrade to unlock additional content. Available in English and French.
4. [Rose Buddha](#) – Download for free using promo code: OSCAR. Available in English and French.



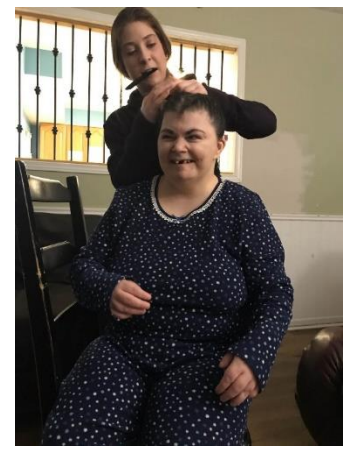
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1.800.663.1142

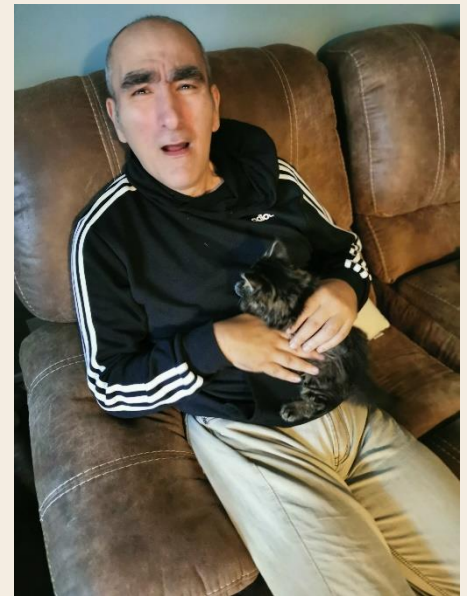
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in a world  
where you can  
be anything.  
BE KIND.



OCAPDD / AOCPDI  
Open Hands

