

HPOG Thriving (RT2): Wall of Appreciation (#Appr-#Ask-#Give)

Made with joy!

DR. NICOLE FEB 22, 2021 12:31PM

Day 1 to Day 2

From day 1 I decided to be focused on self care and be more active. Today Day 2, I woke up early, went to the gym, and took care of myself. Thank you!



Whoa...that's awesome! Way to put idea-to-action! — DR. NICOLE

Shannon

"We can be strong but don't have to pretend it wasn't a struggle" - loved it!

Love that, too! — DR. NICOLE

Day 2 Tea Tag Wisdom

As I listen to today's webinar, drinking my stress relief Yogi Tea....the tea tag quote seems appropriate...."Life is best lived by focusing on your goals and dancing through all other distractions."
:-)

Day 1 - Mindset Shift for myself

When I start to feel overwhelmed I think (or say outloud) "I have enough time."

Calms me down and helps me center every time.

Day 1 - Tip for Grounding & Self-Care & Physical Movement for Stress Relief

Yoga with Adriene on YouTube - she is awesome! Very good for all levels, lots of accommodations, an encouraging and supportive teaching style. Highly recommend.

Yoga With Adriene

WELCOME to Yoga With Adriene! Our mission is to connect as many people as possible through high-quality free yoga videos. We welcome all levels, all bodies, all genders, all souls! Browse our library of free yoga videos to find a practice that suits your mood or start a journey toward healing.



[YOUTUBE](#)

I second this recommendation! I *love* YWA - I am on my 54th day of yoga with Adriene this year! — ANONYMOUS

Day 2

It's nice to talk with folks who are going through similar experiences regarding work and home.



First Day

Great first day. Great information. Thank you to all of the journey leaders.

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#APPR HPOG Grantees

Thank you for sharing and #dontbestingy! I learn a lot from grantees, and appreciate my time with you all :) Priscila



#Appr to all

Thank you for your collective work to promote opportunities, growth and advancement! Your work, kindness, compassion, and positive energy impacts so many! Kim



You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.

Nicole

#Give - I have compiled a list of mobile apps so that you can take your mindfulness/calm wherever you land. Check it out here:
<https://docs.google.com/spreadsheets/d/1e4oS3vNnfKs6w4roenbj7UaqKdHNQl0HDnTX06jzsyM/edit?usp=sharing>



How to Post to Padlet

1. Double-click anywhere on the screen or the pink bubble w/ '+'
2. Place your cursor at the top of the post-it note and type your name
3. Hit 'Enter' and #Ask - to make a request of the HPOG community, or #Give - to share something with the community or #APPR to appreciate someone in the HPOG community
4. To BLING IT, add pictures by tapping the magnifying glass and enter a search word for a list of images.


