

MENTAL WELLNESS TIPS & TRICKS

LEN PIERRE



WISDOM:

- Remember your resilience
- Check in with your team
- Slow down, breath, take the next step

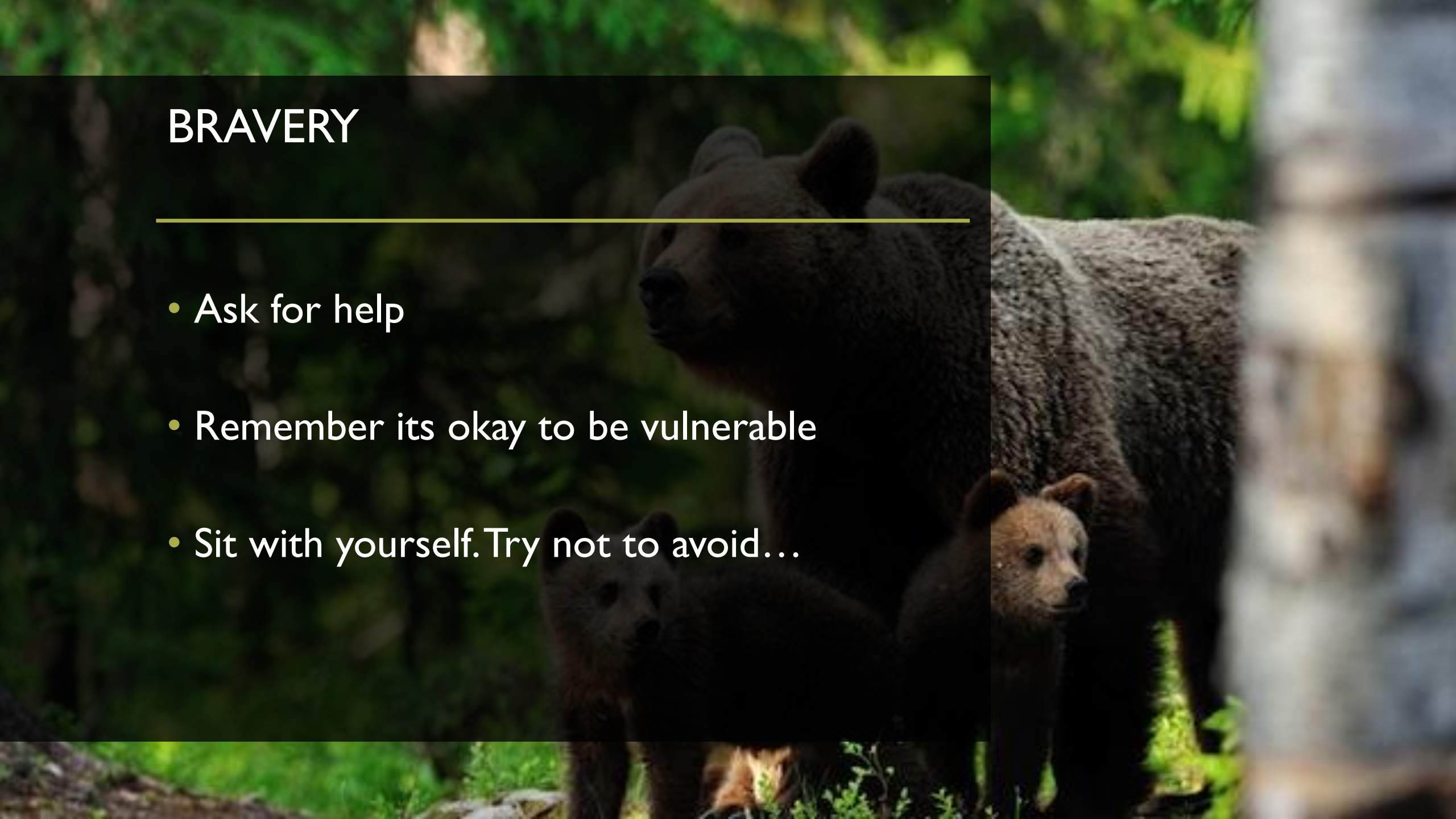


LOVE

- Be of service to others (generosity)
- Love yourself first (fill your cup)
- Love liberates

BRAVERY

- Ask for help
- Remember its okay to be vulnerable
- Sit with yourself. Try not to avoid...



RESPECT

MIND	BODY	SPIRIT
Journal Blog Video FB Live Read books Walk Exercise LAND, LAND, LAND	Run Walk Breathe Workout Lift weights Eat nutritious food Cut out processed foods Traditional foods	Pray Ceremony Sing Dance Use medicines Drink herbal teas Yoga LAND, LAND, LAND

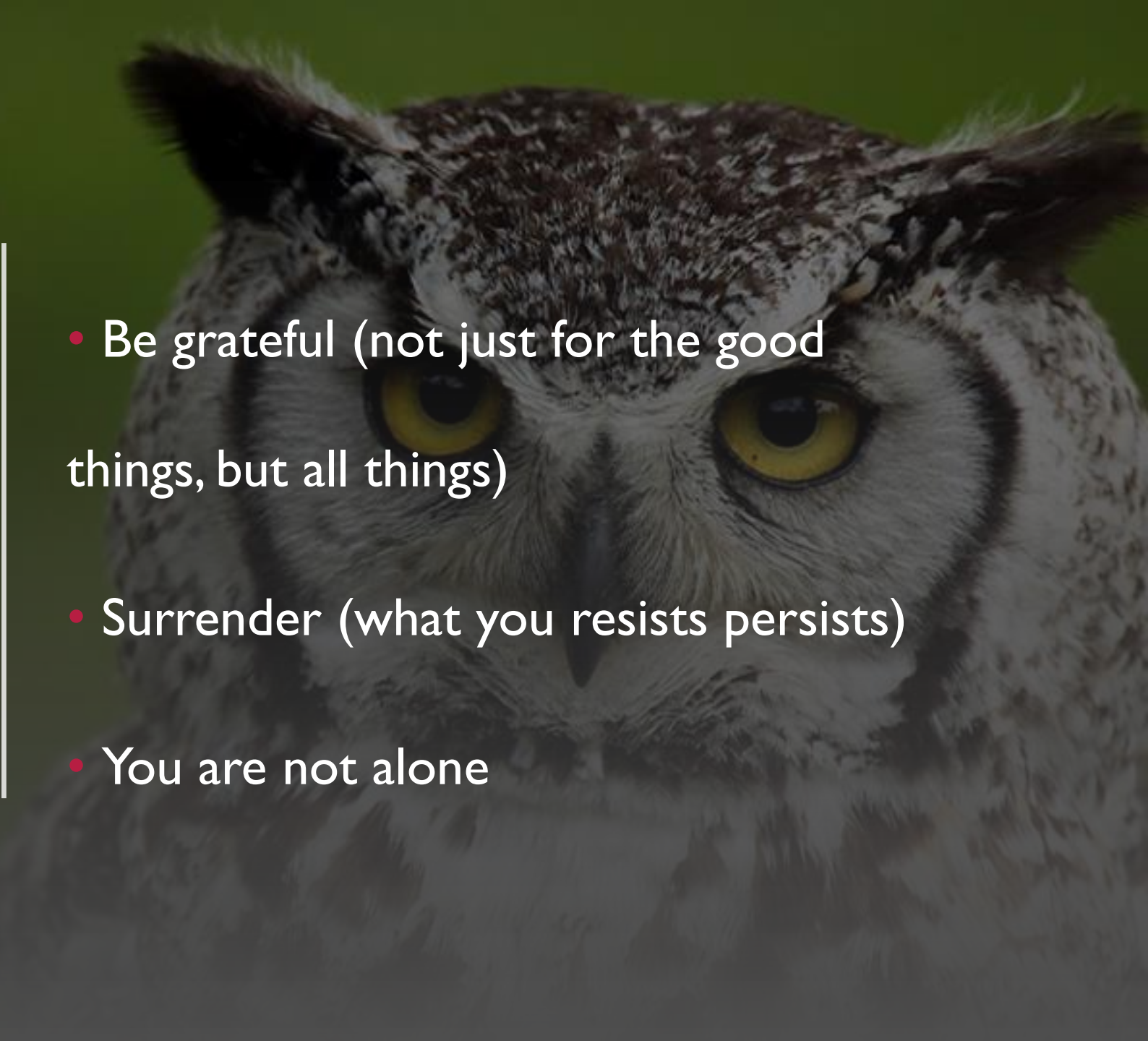
HONESTY

- Practice your acceptance muscle
- Holding your thoughts and remember you are not your thoughts
- Less control and more cooperation



HUMILITY

- Be grateful (not just for the good things, but all things)
- Surrender (what you resist persists)
- You are not alone



TRUTH

- Is felt in experiences, laughter, creativity, dreams, and when someone tells you
- Art help align us to truth and feeds our spirit
- Truth is a spiritual event. Ancestral knowledge

HAY CX^w Q'ə (THANK YOU)

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