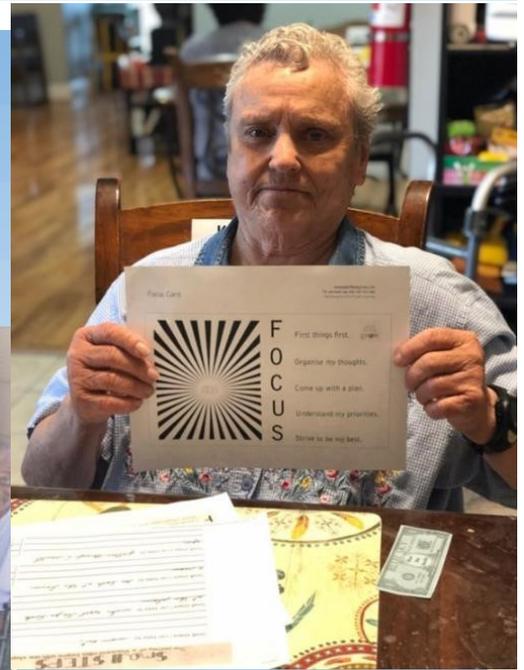


Blue Sky News



March News

Happy Spring! We are enjoying the nice weather, going for walks, and enjoying the great outdoors as long as we can. We did a BBQ at a nearby park and had a great day. It seems everyone has been getting more exercise now that it is so enjoyable outside as well.

We love going out for treats and stopped at Dairy Queen for some ice cream. Going to get mochas is a big hit and something we have added to the schedule like shopping and going to the movies.

There have been so many great groups we have had this month it is hard to review all the great topics and discussions. On page 4 we discuss a few of the groups of this month and do our best to briefly capture a bit of our success. Enjoy!



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BBQ Picnic



Dairy Queen



Groups

Each month we not only discuss new topics, but try and teach and help create habits and reflect on growth. We reviewed positive and negative consequences as well as goals to do a check in on progress. We also had a discussion on motivation and what are the things that motivate us and how to take small steps to achieve our goals.

Mindfulness was a topic that was discussed and how to create space for reflection and choices. Meditation was a part of this and was very successful and the residents have enjoyed having quiet meditative time outside before groups.

Another group that was very successful was about qualities of our bigger self. In the discussion it was taught to ask our self "what would our bigger self do?" The activity page was given to the residents so they could post by their bed as a reminder.



CREATING A SPACE FOR reflection, CHOICE & possibilities.

When something happens we react right away without thinking or weighing our choices.

When something happens we have a space to reflect, think of our choices, and make decisions that reflect our values.

REACT → **REFLECT CHOOSE**

HOW WOULD THIS SITUATION LOOK/FEEL IF I ADDED...

- breathing _____
- love _____
- patience _____
- time _____
- mindfulness _____
- gratitude _____
- kindness _____
- forgiveness _____
- asking for help _____
- perspective _____

Our bigger self is the more evolved version of our self. It is the form that has already mastered all the qualities and virtues we are aiming to acquire. It is the person we aspire to become.

When we take a step back and filter our actions through this perspective, we always come out of it with answers that are generated from a higher self.

What would my Bigger Self do in this situation?

Future - Bigger Self

- Kind
- Loving
- Generous
- At peace
- Courageous
- Wise
- Abundant
- Patient

Present Self

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