ALL WORK AND NO PLAY: FINDING FLOW

Strengthening yourself internally by doing external things.

Thursday, November 7, 2024

Michelle Kolb, Owner
Moondog Motion

Patrick LoSasso,
Executive Director
SmartXPD

GIVING YOURSELF THIS TIME

Interactive Poetry/Reflection

– Wendy Lew Toda

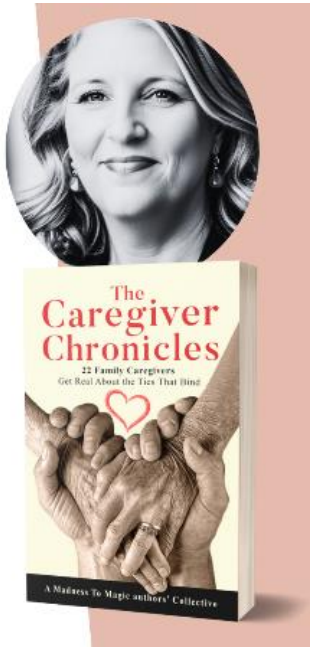
TYPE “ME” IN CHAT IF…

…You’ve ever been told to "just be more positive"

…When what you really could use are actionable strategies that are helpful?

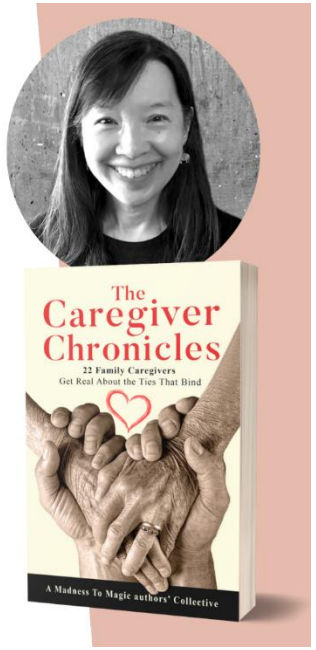
I recognize every person's journey is different, and comparing myself to some imagined superwoman is ridiculous."

Tonya Mills
Chapter 8:
Bubble of Regret



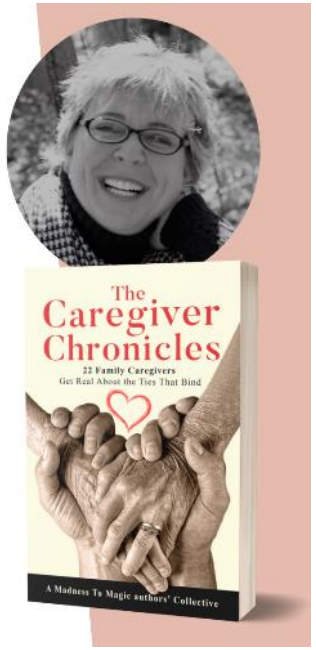
If you don't acknowledge where she is, you're trying to meet your mother somewhere she's not."

Wendy Lew Toda
Chapter 5:
Holding the Ache
of Reality



That smile contained so much hope. I'm not quite sure what she was gazing upon as she released that final earthly breath, but I know she was being welcomed into love."

Teri Wellbrock
Chapter 21:
The Addicted Angel



SHARE YOUR EXPERIENCE IN HOW WHAT YOU MAY HAVE FOUND HELPFUL TO FINDING BALANCE AS A CAREGIVER

Tonya

Wendy

Teri

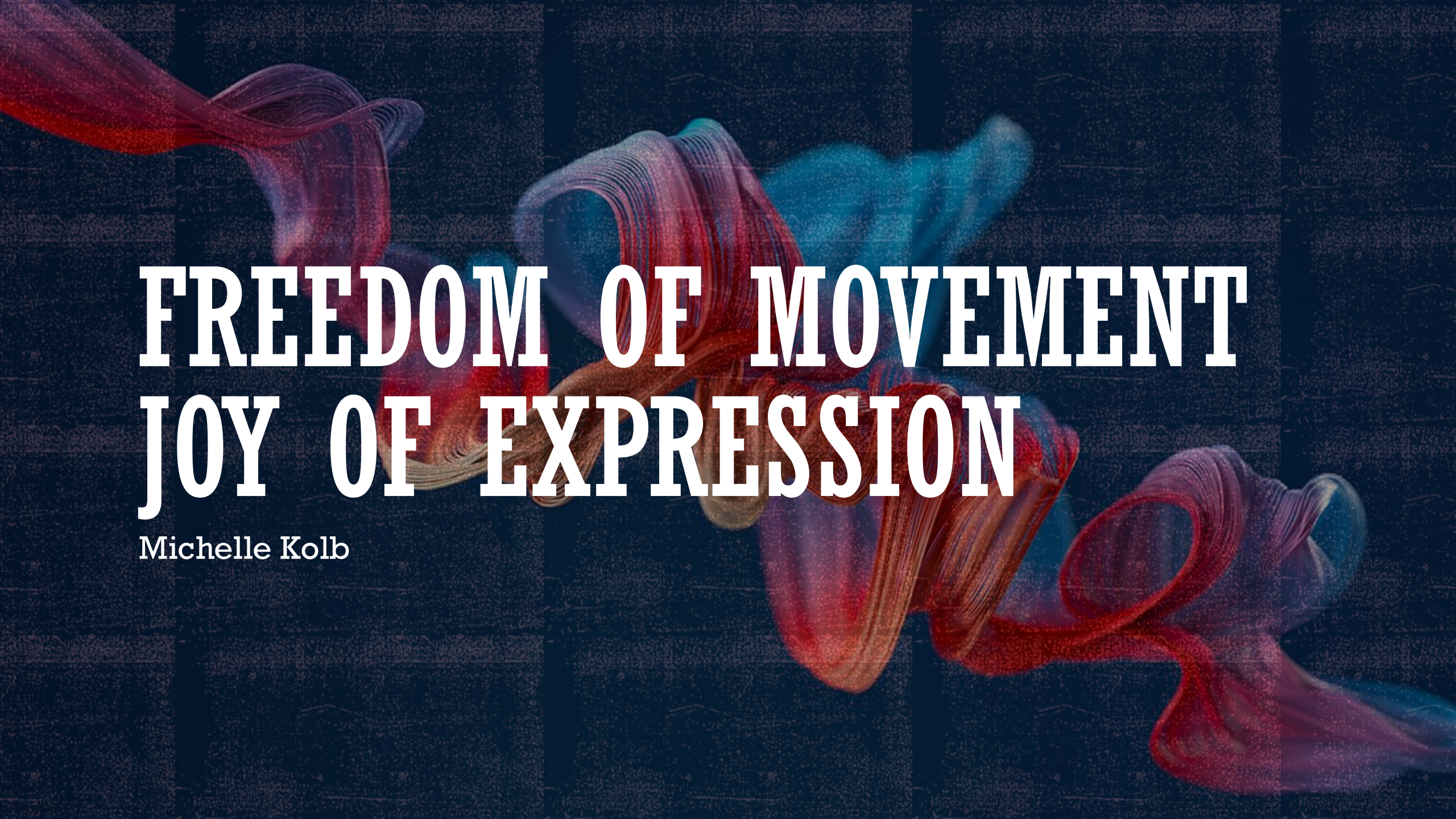
POWER OF THOUGHT POWER OF POSTURE

Patrick LoSasso

TYPE “ME” IN CHAT IF…

…You’ve ever put on music to just PLAY?

…You like to dance EVEN if you have two left feet!


FREEDOM OF MOVEMENT
JOY OF EXPRESSION
Michelle Kolb

IT'S ABOUT YOU! GETTING CREATIVE THROUGH PERSONALIZED WORD PROMPTS & MOVEMENT

Michelle Kolb

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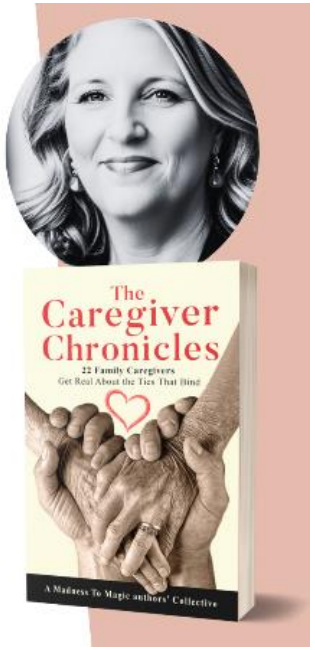

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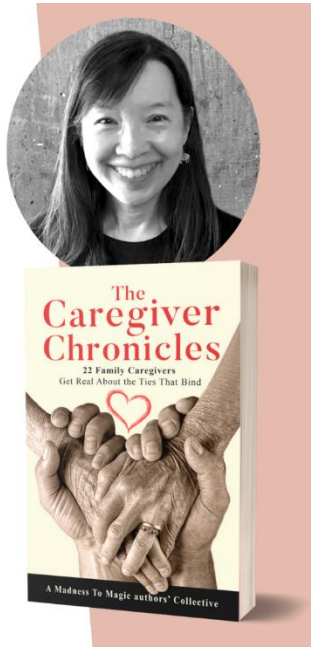

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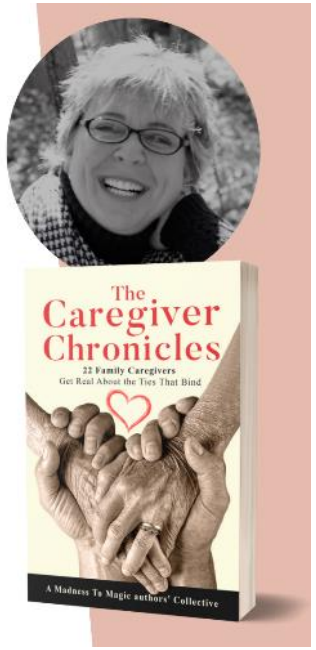

HOW DID THAT MOVE YOU...?

Tonya **Wendy** **Teri**

I AM CERTAIN, CENTERED, STRONG

Patrick LoSasso

Less Work, More Play…!

Share in the chat what you might take away from what Patrick and Michelle have shown us today.

ENCORE...?
Jon Batiste "Freedom"– coming your way from Michelle.
vevo

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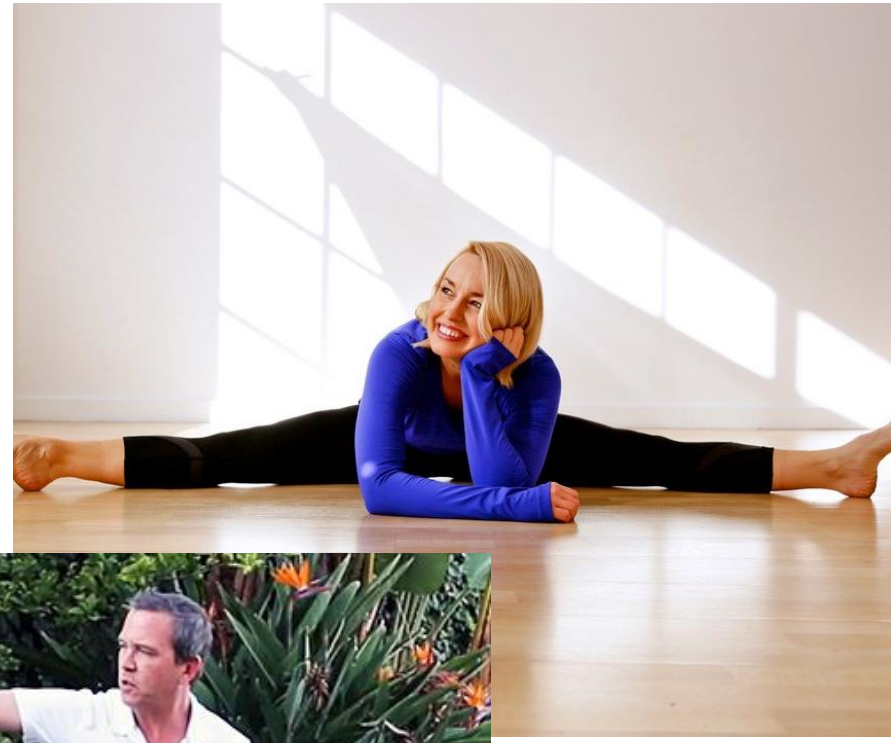
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