


# Understanding MOVEMENTS



Intent and Purpose: To enhance your positive emotions through movements



Our bodies can benefit a lot from movement! Even a few minutes of movement can release stiffness from the body and shift our moods.

Think of a positive memory related to movement – running around with friends as a child, a challenging but beautiful hike, playing a sport with a team, dancing, or a peaceful moment in yoga.

Write about that memory and the feelings associated with it. Then brainstorm a list of movement-related activities you would like to try or do more of. Think about a mix of options – movement that is fun, movement that helps you feel peaceful and content, and vigorous movement that helps release stress.

You can revisit this list when you are feeling low in energy or mood and want a quick pick-me-up!

And now, put your list aside and let's move! Music optional!