AUGUST 2022 Resources

resources curated and created by masterpiece

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| 3rd Quarter Campaign: **Navigating Together**This month-long campaign focused on social engagement, inspiring individuals to have meaningful intergenerational conversations. The goal is to provide opportunities for the younger generation to share important events happening in their lives while encouraging older generations to share their experiences when they faced similar situations. This campaign is intended to bridge the gap by sharing stories and wisdom that connect us through similarities instead of differences.3rd Quarter Suggested Program: **Unearthing Cultural Wellness Through Dance**This program is designed to raise awareness of the impact of cultural practices of humans over time and how the use of similar practices today can support our wellbeing. In these two sessions, we explore the roots of dance, identify how dance supports healthy longevity and unearth the contribution and meaning of dances from diverse cultures.   |
| National Days | Curated Resources and Ideas |
| August 15th: **National Relaxation Day** | * Listen to the 20 minutes podcast by Greater Good: [How Music Soothes Us](https://greatergood.berkeley.edu/podcasts/item/how_music_soothes_us_lullabies?utm_source=Greater+Good+Science+Center&utm_campaign=9e4e15c031-EMAIL_CAMPAIGN_GG_Newsletter_April_1_2021&utm_medium=email&utm_term=0_5ae73e326e-9e4e15c031-74040827). This episode is part of their new series *The Science of Music and Happiness.*
* **Meditation and Mindfulness** Resources:
	+ [Autogenic Relaxation](https://www.spreaker.com/user/masterpiece_living/autogenic-relaxation)  (11 minutes) by Danielle Palli
	+ [Seated Progressive Muscle Relaxation](https://www.youtube.com/watch?v=3IE6kbGQtBw&t=97s)  (15 minutes) by Danielle Palli
	+ Explorations in Mindfulness program with one audio lesson and two guided meditations per session.
* Relaxing the mind through art therapy. Try a few: [100 Art Therapy Exercises](https://intuitivecreativity.typepad.com/expressiveartinspirations/100-art-therapy-exercises.html).
* **Informative articles and videos**:
	+ [Tips for Calming an Anxious Brain](https://www.facebook.com/brightsideoflongevity/videos/3721515767923171) (7 minutes) by Dr. Roger and Friends
	+ Article by Dr. Roger: [Own Your Stress, Then Let it Go](https://mymasterpieceliving.com/wp-content/uploads/2020/06/Own-Your-Stress-1.docx)
	+ Relaxing might be as simple as savoring the moment**:** [10 Steps to Savoring the Good Things in Life](https://greatergood.berkeley.edu/article/item/10_steps_to_savoring_the_good_things_in_life) article by Greater Good Magazine.
	+ Article by Danielle Palli (featuring Cera Meintzer): [How to Relax When You Don’t Know How to Relax](https://mymasterpieceliving.com/how-to-relax-when-you-dont-know-how-to-relax/)
* **Host DIY classes:**
	+ [Make Your Own Herbal Tea Bath](https://www.youbeauty.com/beauty/relaxation-is-brewing-how-to-make-your-own-herbal-bath-tea/)
	+ [Make Your Own Chamomile Tea](https://www.cupandleaf.com/blog/how-to-make-chamomile-tea)
	+ [DIY Sleep and Relaxation Balm](https://www.youtube.com/watch?v=fOjyWMa7_WE)
* **TED TALKS:**

[The Science of Vacation](https://youtu.be/5S_P0-VEFzM) (13 minutes)* **Discussion Questions:**
* The body catches the mind’s diseases. How can you manage stress and stop the damage?
* Vacation anticipation, planning, and organization are exhilarating. How often are you able to engage in that activity?
* How do you deal with interruptions or changes to your vacation agenda? How do you adapt when expectations are not met?
* Capitalization has to do with relating events and sharing adventures. How have you enjoyed sharing the remembrance of the experiences as much as the actual vacations?

 [How to Humor Your Stress](https://youtu.be/bZMJdhe4xhQ) (20 minutes)* **Discussion Questions:**
* Which incident or observation of this busy stressed culture did you relate to?
* Which call to action would you choose to participate in from Loretta’s suggestions?
* Loretta’s perspective is refreshingly honest. What can you contribute to her observations from your personal experience?

 [The Amazing Thing That Happens When You Disconnect](https://youtu.be/iKqTBPUTQb4) (17 minutes)* **Discussion Questions:**
* Why do people find disconnection from their gadgets so painful?
* Do you find the ability to focus and concentrate increasingly difficult and how can you remedy that?
* Observing people and environments has become a lost art. How can you appreciate this awareness?
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| August 30th:**National Grief Awareness Day** | * Visit the [Soaring Spirits](https://soaringspirits.org/)  website. This is their “About Us” statement: *Soaring Spirits* *builds community. We create, and maintain, innovative peer-based grief support programs for widowed men and women that serve a worldwide population. Based on the powerful connections created by shared experience, we endeavor to ensure that no one need grieve alone.*
* Check out [What's Your Grief?](https://whatsyourgrief.com/) website - a place for grief education, sharing and support which includes articles, podcasts, blogs, and self-paced online courses related to grief, grief support and coping. Related website: [Grief in 6 words](https://www.griefinsixwords.com/)  Share and read 6-word stories submitted about grief and loss.
* Dr. Roger & Friends Podcast: [Life Reconstructed: An Interview with Sudden Widow Coach Teresa Beshwate](https://www.spreaker.com/user/masterpiece_living/grief-loss-life-reconstructed)  (22 minutes).
* **Articles:**
	+ [The Stages of Grief: Accepting the Unacceptable](https://www.washington.edu/counseling/2020/06/08/the-stages-of-grief-accepting-the-unacceptable/) from the University of Washington Counseling Center.
	+ [Ways to Support Someone Who is Grieving](https://www.health.harvard.edu/mind-and-mood/ways-to-support-someone-who-is-grieving) from Harvard Medical School.
	+ [How to Handle Grief During the Holidays](https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201512/how-deal-grief-during-the-holidays) from Psychology.com
* **TED TALKS**

[Make Peace with Your Grief and Watch Where It Leads You](https://youtu.be/OYEkdPwFYfI) (11 minutes)* **Discussion Questions:**
* Why are people so overwhelmed by trying to console friends and relatives?
* What is your preferred way to honor a loved one – living or deceased?
* What is the most touching and/or ineffective thing you have heard someone say in the grief process?

 [The Way We Think about Loss and Grief is Dead Wrong](https://youtu.be/WeM_Whnc8Gs) (16 minutes)* **Discussion Questions:**
* What has been a redeeming experience for you in suffering a personal tragedy?
* How does your perspective change through each loss?
* Why do people put on a “mask” or isolate themselves during periods of grief?

 [Finding Your Strength by Helping Others](https://youtu.be/zu1VtUuxBW4) (17 minutes)* **Discussion Questions:**
* Have you had a wake-up call in your life?
* How has humanity been affected by turning points in peoples’ lives? Can you relate one story of an unconventional hero?
* How can you honor your grief by helping others?
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