

JAMS BAND MINDFULNESS NEWSLETTER: 3/19/2021

With the end of the marking period nearing and spring break only a week away, we are in the home stretch of a well-deserved break. Though these dates come closer, you might feel tired and worn out. So, let's relax and recharge this week and stay positive for the upcoming recess.

Here is the link to a countdown for spring break that you can bookmark! You can also use this link to make your own custom countdown. Countdowns are great to keep important dates in mind, be mindful of your schedule, track time on important deadlines, and give yourself a sense of accomplishment when the date rolls around.

Here is a link to a great yoga video. Yoga is great for mindfulness, calming the mind, and recharging the body. I would surely recommend giving it a try and it feels great!



"Positive emotional energy is the key to health, happiness, and wellbeing. The more positive you are, the better your life will be in every area."

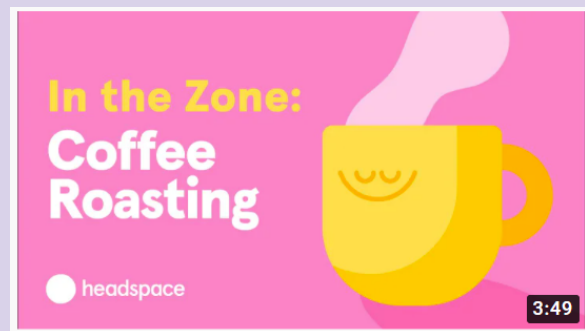
~ Brian Tracy



Here is a great, refreshing meditation for easing into the next workweek.



Here is an amazing medley of soothing sounds and invigorating tones, wrapped together with a beautiful medley to refresh yourself.



Here is a great video about the calming process of roasting coffee beans, perfect for the theme of healing and rejuvenating.

That concludes this week's newsletter! I hope you felt reenergized and motivated. See you next week!