Spacious 1955

Time for reflection or being in nature can increase our awareness to see things for what they are in that very moment.

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This project wassupported by Grant No. 2017-MU-AX-0005 awarded by the Office on Violence Against Women, U.S. Department of Justice, Office on Violence Against Women, U.S. Department of Justice, Office on Violence Against Women

Noticing the resources around us, we can make choices that sustain us and the ones we love.

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Cultivate compassion and generosity for ourselves, increasing the

possibility that we can do it for others as well.

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share moments of joy and experiences of

pain with people who see us and know us.

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Be Present

Being firmly rooted in the present, we can appreciate

the moment, heal the past, and align our actions with our dreams.

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