


Questions for self discovery pdf

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Downloading your music player with tunes is one thing, streaming your collection is another, but finding new and fresh music is something else entirely. How do you use the internet or other technology to find new tunes you like? Digital media isn't as young as it was, and your media collection has probably grown far beyond MorePhoto on carolyn.will. This week we want to hear all about your favorite instrument for discovering new tunes. No matter how you find new music, instruments large or small, we want to hear about your favorite method for filling your playlist and collection with fresh artists and albums. Hive Five nominations occur in the comments where you post your favorite tool to work with. We get hundreds of comments, so to make your nomination clear, please include it at the top of your commentary as well: Vote: Favorite Music Discovery Service. Please don't turn on your voice in response to another commenter. Instead, make your vote and respond to individual comments. If you don't follow this format, we can't count your vote. To prevent falsification of results, votes from first-time commentators cannot be counted. Once you've made your nomination, let us know what makes it stand out from the contest. About Hive Five: The Hive Five feature series asks readers to answer the most frequently asked question we get: Which tool is the best? Once a week we will put out a call for applicants looking for the best solution to a particular problem, then you tell us your favorite tools to get the job done. Every weekend we will report to the top five recommendations and give you the opportunity to vote for what is best. For example, check out the five best multi-Monitor settings management tools in the past week. Having a double, a triple, or even more monitors can be a benefit of performance, but it's not without fads. More Our Discovery Shop locations across California help support the fight against cancer through the sale of high-quality, softly used, donated goods. For more than 50 years, the American Cancer Society has owned and operated these specialty resale stores, featuring items such as clothing, accessories, jewelry, artwork, antiques, collectibles, furniture and other household items. Please come in and see what you find! Donate \$10, \$25, or more online to make steps against breast cancer, and Discovery Shop™ will thank you by sending a 10% or 25% savings certificate instantly by email, repayment on purchases within 30 days of the date October. Help fund the future of breast cancer and start saving in all west Coast Discovery Shop locations. The community is focused on keeping our community and our staff and volunteer groups safe by following the most updated COVID-19 prevention guidelines. Just found out that Home Expo is going out of business, so I stopped last Saturday to see what I could pick up. I've always this store was overpriced, so I'm skeptical about what I'll find. Their sale prices may still be too high for me, but I have nothing to lose. I wander around the store and end up in the treatment box section looking for a solution to my corner kitchen window problem. My husband, Skip, comes up to me holding some kind of barbell that bends to 90o. I'm skeptical, but go to the display to see how it works. It seems that you should buy two curtain rods and this corner adapter piece, plug it all together and then mount it on the wall, (the manufacturer is a small company that probably only sells at The Home Expo, but I Googled with 'Corner Adapter Curtain Rod' and found others who make a similar product.) As I go through it in my head I get more excited because I think that it can really work. I find two rods in Satin Nickel (in a match with stainless appliances), an angled adapter and some curtain rings and a head to the checkout. Everything is only 20% off, so it's still a little more than wanted to pay, but if it solves my window problem I'll be very happy. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io Last update october 14, 2020 today did not turn out as you planned, but that doesn't mean you're weak. It just means you're human and you're not bad just because you've had a bad day. Not every day is a good day, but there is something good in every day. -Alice Morse Earle It's not the end of the world when you find yourself thinking I've had a bad day, but it can feel like that. You may have had plans that have fallen apart, experiences that will take you back, and interactions that only hurt. You may have started the day thinking that you could take it all over, only to find you could hardly get out of bed. If you have a bad day, you may forget to look at the good. Sometimes self-service helps us remember why we stand. It helps us to replenish and reset our mentality. It helps us know that there are still options and that the day is not over yet. Love yourself today, no matter how hard it may be. It's a way of finding yourself among the difficulties you have. That's how you center yourself and regain focus and live a more meaningful life. Give yourself credit and compassion. Here are 7 ways to bounce back from a bad day by using self-compassion as a tool. If you've had a bad day, this is for you!1. Make Gratitude ListIn a study about gratitude, psychologists Dr. Robert Emmons and Dr. Michael E. McCullough conducted an experiment where one group of people thank you lists for ten weeks, and another group wrote about The study found that the group that wrote about gratitude reported a more optimistic mentality in their lives. In general, having a list of thanks improved well-being and made one truly grateful, considering blessings in their lives. Write a list of what you are grateful for if you had a bad day. Do it as long as you like, but also be sure to note why you are grateful for every single thing you write. What gave you the most joy? What put you on better days? Keep tallying triumphs in mind, especially when you have bad days. The day does not define you and you still have things that surround you. It can be material things, spiritual connections and experiences, relationships, basic needs, emotional and mental well-being, physical health, progress on the path to hopes and dreams, or simply being alive. Here are a few other easy ways to practice gratitude. Write in JournalJournaling affects overall mental health, which also affects physical health and helps in managing stress, depression, anxiety and more. All you need is a pen and paper, or you could make an online password-protected magazine such as Penzu. The key is to get started and not put pressure on yourself about how polished or committed it is. You don't need to have a preliminary experience to start writing a journal. Just start. Write everything that bothers you for 15 minutes. It helps with rumination, problem handling, and can even help with brainstorming solutions. However you approach it, you can find patterns of thinking that no longer serve you and begin to transform the general mental state. This will affect all areas of your life and is an excellent survival skill3. MeditationMeditation can help you overcome negative thinking patterns by worrying about the future, focusing on the past, or trying to overcome a bad day. It changes your mindset and helps you focus on the present or any one thing you really want to focus on. Here's an example of meditation you can do: Get in a comfortable position. Close your eyes. Rest your body, relieve tension, and impure jaw. Tighten and release each muscle group in body scanning for progressive muscle relaxation. Focus on breathing, take a few deep breaths. Let your stomach expand when you breathe in for diaphragmatic breathing. Free yourself completely of air and then return to normal breathing. Then focus on the idea of self-love and let it erase negative thoughts. Think about how you judged yourself, with narratives coming up that your mind can create. Give yourself unconditional love and release the solution. Not the time to meditate on it because you matter. This is especially important if you have had Day. Read this article for more information on how to get started with meditation practice.4 In a child PoseYoga outlet says: Baby's posture is an easy way to calm your mind, slow down breathing, breathing, restore a sense of peace and security. The practice of posture before bedtime can help free up the day's worries. By practicing in the morning you can help the transition from sleep to wake-up. When you do Baby Pose, it can be between difficult positions in yoga, or it can be anytime you feel that you need rest. This will help you recover from difficulties and relax your mind. It also has physical health benefits of lengthening your back, opening the hips, and helping with digestion. To make baby pose, rest your buttocks back on your feet, knees on the floor. Lengthen your body above your knees with both hands outstretched or tucked back, with your head and neck leaning on the floor. Make this pose as a gift for yourself. You allow yourself to heal, rest, get time for yourself, recover and recharge. When you had a bad day, he was waiting for you.5 Try Positive Self-TalkEngage in Positive Self-Exploring. It's essentially a choice of your thoughts. When you have negative thoughts such as I can't do it, replace it consciously with the thought I can do it. Give yourself positive approvals to help with this. Negative conversation about yourself fits into four common categories: personalization or blaming yourself, increasing or only focusing on the negative, disaster or expecting the worst to happen, and polarizing or just seeing back and white. When you stop blaming yourself for everything and start focusing on the positive, expecting things to work, and seeing the gray area in life, you reverse those negative mentalities and engage in positive self-talk. When you say words of kindness to yourself, your brain reacts with a more positive attitude. This attitude will affect everything you do. It's how you take care of yourself if you've had a bad day. Check with yourself to know when you have negative self talk. Do you see patterns? When did they start to become a problem? Can you turn these thoughts around?6. Use Coping Skills and take BreakUse to your survival skills. This means not letting your thoughts take control of yourself. You can distract yourself and run a bit. Do what you love. You can play sports, listen to music, dance, volunteer or help someone, be outdoors, or read books. It's not about repression. It's about redirection. You can't stay in thoughts that no longer work for you. Sometimes, it's ok to get out of your own way. Give yourself a break from the things that are going on in your head. You can always go back to the problem later. It may even help you figure out the best course of action as sometimes straying is the only way to see the solution. If you've had a bad day, you may not feel like deciding what went wrong. You may need a break, so take If a bad day turns into bad days I believe depression is legal. But I also believe that if you don't exercise, eat nutritious nutritious Get sunlight, get enough sleep, consume positive stuff, surround yourself with support, then you don't give yourself a chance. -Jim CarreyIf you've been feeling out of control, depressed, or unstable for more than a few weeks, it's time to call a mental health specialist. It's not because you failed anyway. That's because you're human and you just need help. You may not be able to quickly bounce back from a bad day and that's fine. Feel how you feel, but don't let it consume you. When you're talking to a professional, share the methods you've tried here and whether they've been helpful. They can tell you additional ideas or get an idea from your struggles not being able to bounce back from a series of bad days. If you have more than just a bad day, they want to know. If you don't have the answers, that's fine too. You just need to try these tools and figure out how you feel. That's all you have to do. Keep taking care of yourself. Any progress is progress, no matter how small it may be. Give yourself a better chance by reaching out. Final thoughtsIf you've had a bad day, don't let it stop you. Know this: It's okay not to be okay. You have the right to feel what you feel. But there's something you can do about it. You can invest in yourself through self-service. You are not alone in this. Everyone has bad days from time to time. You just have to know that you are positive things that you are telling yourself. 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