

Mindful Movement Moment- Community

“We are not the survival of the fittest.

We are the survival of the nurtured.” – Louis Cozolino



I believe we ensure the survival and thriving of a community through nurturing with empathy and compassion. The survival strategy of nurturing is challenged during times of high stress, anxiety, and fear. We slip into the limbic systems fight, flight, freeze or survival of the fittest reaction. We can find ourselves lashing out and being critical, crafting a plan to move to Canada 😊, or numbing and shutting ourselves off with distractions. I encourage you to reflect on what survival strategy you are defaulting too now. What would it look like if you could be a bit more compassionate and nurturing to yourself, your family, and your community?

You can set an intention to put this into practice. And try out tree circle with your family, work team, friends, or partner.



Examples of intentions:

Today I will be more curious vs. critical. Today I will pause when feeling overwhelmed and breathe. Today I will choose kindness over hate. Today I will do the good that is right in front of me. Today I will smile at my neighbors with a genuine care. Today I will ask my family what I can do to help them. Today I will practice patience with myself. Today I will thank my neighbors. Today I will smile more. Today I will be okay.

