

HOW TO ACHIEVE OPTIMAL MENTAL WELLBEING IN A NEW, VIRTUAL WORLD

Brought to you by the Phoenix Chamber of Commerce and Nuuaria for Phoenix Valley Young Professionals. Email Hello@Nuuaria.com for the masterclass video recording.



The four types of habitual thinking that slow progress + steal peace include: perfectionism/ all-or-nothing thinking, overthinking, arrival thinking, and storytelling.

At Nuuaria, our programs and classes teach you how to think, instead of what to do, to achieve sustainable and meaningful change in health and life. For more, visit: Nuuaria.com (©Nuuaria, All Rights Reserved)

MASTERCLASS
RESOURCE PAGE

QUICK GUIDE

Feeling Bad = Mental Unwellbeing

(there's a puppy upstairs chewing up yourhouse, shoes and underwear.)

STRESS
ANXIETY
FRUSTRATION
OVERWHELM
HOPELESSNESS
CONFUSION
STUCK-NESS
FEELING
CONCERN
ANGER
SADNESS
DOUBT
WORRY
GUILT
INSECURITY
IMPATIENCE
VICTIM
DISCOURAGEMENT
BUSY-NESS
FEAR

WHAT THOUGHTS, ACTIVITIES,
WEBSITES, OR PEOPLE DO I
ENGAGE WITH THAT INFLAME
ANY MENTAL UNWELLBEING?
HINT: CHOOSE TO FEEL GOOD.

Feeling Good = Mental Wellbeing

(achieved through puppy training... and you are the trainer.)

PEACE
CONTENTMENT
CALM
JOY
HAPPINESS
APPRECIATION
INSPIRATION
CREATIVITY
EXCITEMENT
TRANQUILITY

(yes, the list is longer, we just ran out of room)

TYPES OF FOCUSED ATTENTION MEDITATION

APPS

Simply Being
Headspace App
Calm
Ten Percent Happier
Insight Timer
The Mindfulness
Stop, Breathe & Think
Meditation Studio
Sattva Meditations & Mantras
Breethe: Sleep & Meditation

Guided
Loving Kindness
Body Scan
Mindfulness
Breath Awareness
Compassion
Reflection
Visualization
Mantra
Resting Awareness
Kundalini
Transcendental
Zen
Vipassana
Sound Bath

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