

# PLEASE SHARE AWAKEN TIPS

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## OUR MISSION

Promoting mind-body wellness so you can more readily become the hero in your own life. What is important about that?

- You will be able to better interact with the challenges that exist in this world (including coronavirus).
- You will have a healthier mind and body.
- Personal empowerment

As a more empowered, authentic person, you will become a more competent agent of change in your own life and better able to positively influence the people in your life. Experiences of anxiety, depression, insomnia, chronic pain and more will be better addressed and reduced. Some people learn to become free of these debilitating states.

## TOPIC 01

Awaken Your Mind and Relax Your Body  
**Free Recordings** – scroll down

## TOPIC 02

Learn the most powerful way to connect with those you love, and with whom you work and interact. Scroll down for Active Listening pdf

## TOPIC 03

Want tips about how to better guide children during these challenging times? Find out what children really need. Scroll down.

[Understanding Mental Health](#) 6:21

[Shaping the Brain](#) 8:40

[Making Change part 1](#) 11:46

[Making Change part 2](#) 9:52

[Critical Voices](#) 10:30

[Building Positive Internal Resources](#) 11:46

[7 Methods for Anxiety Relief](#) 11:34

[Active Listening part 1](#) 14:16

[Active Listening part 2](#) 15:28

[Active Listening part 3](#) 16:58

[Active Listening part 4](#) 13:26



Listen to the recordings many times to absorb the ideas and build familiarity. This will help you to better use them and become a more competent self-manager/agent of change.

Free Downloads

[Active Listening](#)

[Child Guidance Tips](#)

## PATHS TOWARDS AWAKENING YOUR MIND

01

[Self-study podcasts, books, pdfs](#)

02

[Meditation recordings, mindfulness](#)

03

04



[Invest in self-help technology; e.g. neurofeedback](#)

[Go to wellness retreats](#)

Resources:  
[68 page Guide](#)  
[Parenting Book](#)  
[Caregiving for parent with dementia](#)

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