

STATION #1 ACTIVITY

Open Stance Reflection

Grounded & Appreciation for “What Is” (Open to the Present)

- Being fully present—feet on the ground
- Allow yourself to feel centered and balanced (regardless of circumstance)
- Notice your senses (see, hear, feel)
- Pay attention to breathing
- Be aware and manage distractions
- Engage with what is happening in the moment (rather than the past or future)
- Pay attention to detail (notice new things)



CHANGE MANAGEMENT TOOL: Open Stance Posture

First, accept and appreciate “what is” and then...

- Change will more naturally evolve. When you recognize what it is, you will experience less resistance within yourself, leaving more energy for change
- You can appreciate “what is” without always being happy or liking it. Instead of falling into a pattern of complaining, blaming, controlling, or wanting something to be different, you can find what you appreciate about it, leading to more positive thoughts and actions
 - *Example: Open Stance Book Page 102– “Rather than rushing to put dinner on the table and complaining to ourselves or others about the tasks, we can acknowledge that we have food, a family, and a home. We can connect with a stillness that we easily miss when we get lost in thoughts about what we must do and what is not working.”*

STATION #3 ACTIVITY

Be Grateful & Open to Inspiration

Activity: Create a Vision Board

Vision Board Ideas:

- Career Goals
- Health Goals
- Financial Goals
- Travel
- Inspirational quotes or phrases
- Skills to Learn
- Mental Health Goals
- Passion Projects
- Skills to Learn
- Spiritual Goals
- Home and Living Environment
- Adventure
- Community Involvement



Other Ways to Cultivate Gratitude and Inspiration include:

- Listen to an inspirational podcast: set yourself up for a positive morning!
- Write a letter of gratitude to someone you have not recently thanked enough, and for lasting inspiration, read the message to the recipient
- Read an inspirational quote every day to keep motivated!
- Write heartfelt thank you notes to people in your life and complete an act of gratitude daily
- Keep a Gratitude Journal
- Look for positives in what may appear as a setback
- Expect to find Creative Solutions and Ideas
- Practice Self-Awareness. Notice your thought patterns. If you tend to have a negative thought pattern, counter negative thoughts with a positive one
- Use a language of gratitude: fortunate, grateful, abundance
- Complete random acts of kindness

OASIS STATION #1

Be Grounded & Appreciate What Is

This is a way of saying be present in the moment; breathe deeply, feel your feet on the ground, and appreciate what is.

Ways to do this:

- Put one hand on your stomach and the other on your chest. Take a deep breath and hold it for a moment. Shallow breathing tells our bodies to prepare for fight or flight. When we take deep breaths, we send a message that we are calm
- Practice centering yourself. Stand tall. Connect with your purpose and experience the energy of your vision. Set random timers to go off as reminders to center yourself
- Reverse the order of things you do habitually. Brush your teeth with the other hand, and change the order of what you do when you get ready for work
- Register for the Calm App
- Being appreciative is a powerful emotion. Make it a habit to express appreciation to those around you
- Keep a journal of the things you are grateful for. You do not have to do this every day or even every week. Journal when you feel the need to. Identify moments when you can relax and appreciate “what is”
- Defining a clear sense of purpose or mission for yourself can ground you and help you stay focused and centered
- Mindfully listen deeply and attentively to others. Listen to connect rather than correct or win
- Take a short walk daily and notice what is happening around you.
- Consciously slow down and experience the moment
- Whenever possible, avoid multi-tasking. Focus on one thing at a time instead of trying to do too many things simultaneously



OASIS STATION #2

Be Optimistic about What is Unfolding

Imagine a positive outcome to what is unfolding. Look forward and envision a favorable future. Accept change and surrender to circumstances outside of your control.

Ways to do this:

- When a situation appears negative, brainstorm at least three opportunities. Practice finding the silver lining.
- Make it a daily practice to reflect on what is working well
- Write positive affirmations and review them regularly
- Imagine how someone with an optimistic perspective would see a situation
- When you notice your negative thoughts, reflect on why you are feeling that way and try to reframe
- Remind yourself that your thoughts and assumptions are not always correct
- Seek other perspectives from mentors, peers, or other trusted resources
- Take care of yourself. Focusing on opportunities and possibilities is hard when you are tired and low on energy.
- Smile often. Spend time on the things that make you smile or laugh



OASIS STATION #3

Be Grateful and Open to Inspiration

Focus on what you appreciate. Trust your intuition and creativity, especially during periods of disruption and change. Remember, your emotions are contagious.

Ways to do this:

- Keep track of moments of inspiration and creative ideas. Try to repeat these moments whenever possible
- Identify your habitual patterns. Do you focus more on what is missing or being grateful for what you have?
- Use the language of gratefulness, such as fortunate, gifts, blessings, and abundance
- Continuously seek perspectives that are different from yours
- Ask open-ended questions such as “what if...?” expecting new ideas to emerge.
- Study innovation and how others have developed creative solutions
- Experiment and try new things. Take different routes, listen to unfamiliar music, explore new authors, and open yourself to new ideas and inspiration
- Unfocused attention allows inspiration and creativity. Appreciate beauty with an open heart, finding beauty in nature, people, art, music, sounds, poetry, and food
- Recall difficult times you have overcome and reflect on what you learned and what you are grateful for
- Get feedback from others on how open they perceive you to ideas
- Find a picture of a beautiful place, such as a sunset or a beach, that brings you peace. Keep the picture on your phone or your desk to remind you of how you feel when you are there
- Practice guided visualization to explore different perspectives
- Read poems and other inspiring quotes and materials that remind you to be thankful and in the moment
- Change your internal language from “I can’t” or “I don’t know” to “What if...?”
- Write a letter of gratitude to someone you have not adequately thanked.
Share how their support made a difference to you

OASIS STATION #4

Be Connected and Supported

Receive and give support. Connect with yourself, others, and the environment around you. Feel a sense of belonging and relatedness to self, others, and the larger world.

Ways to do this:

- At the end of the day, reflect on any meaningful moments.
- Begin to notice who is supporting you. Thank the sales cashier, the barista, work colleagues, and neighbors
- Make an effort to begin sentences with “we” or “you” vs. “I” or “mine”
- Invest in creating friendships and real connections. Join a community group, take a class, host a gathering, reach out to a friend
- Practice kindness. Catch yourself when you feel grumpy or judgmental, and work on being kind to yourself and others during these times
- People like to give support. Allow yourself to receive support and make it a goal to support others
- Make it a goal to do one kind of thing for another person each day
- Engage in self-care and do one kind thing for yourself
- Make a list of who you can go to for support
- Challenge yourself. Explore an issue that is emotionally charged for you. Practice being open and listening to others’ points of view
- Look for opportunities to help others and do so with no expectations.
- Reflect on your values and what is important to you, and make decisions that are in alignment with those things

