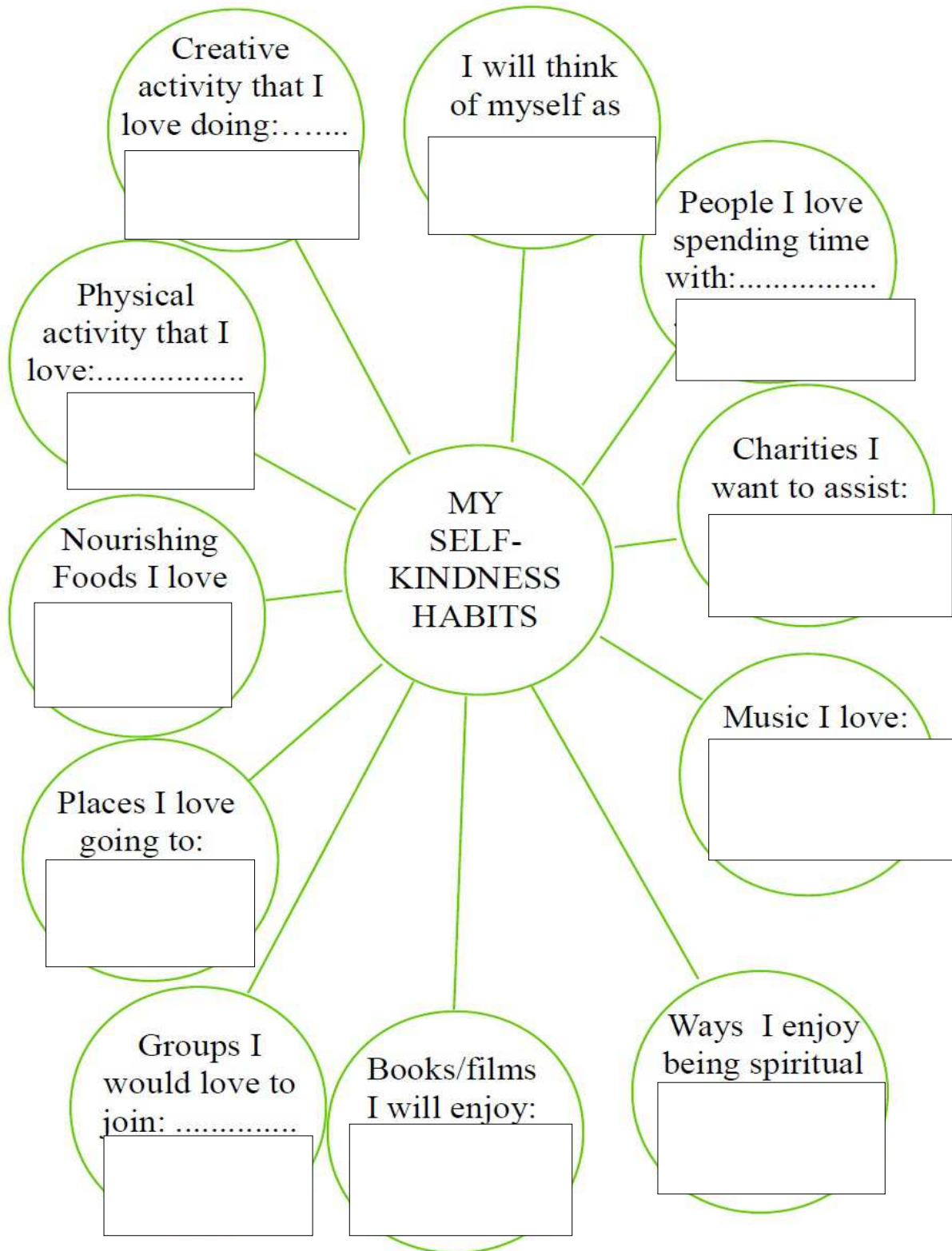


My Flow Activities

Living in Flow, loving what we do, at least some part of the day is important as we might otherwise get defensive or jealous of other people enjoying themselves.



Fill in the 'love' boxes below to create a list of 'Flow' activities to choose from as an act of self-kindness to increase your enthusiasm and care:



'Being in Flow' is an ability to involve ourselves intensely with something or somebody. It increases dopamine and serotonin, the feel-good hormones in our brain that help build up our immune system. Boredom or inactivity tend to produce anxiety which can compromise our immune system.