

## UNIT 9

# Stay Grounded

So many aspects of our world have been turned upside down. Attending college in the middle of a pandemic means adapting, on a daily basis, to a situation that is fluid and rapidly changing. How can you be at your best when it feels like the ground under you is constantly shifting?

REFLECTION QUESTIONS



What changes did you notice in your experience when practicing 'Finding Your Feet'?



Might this practice support you this semester? If so, how?



Are you interested in building this practice into your daily life? If so, when?

