

Nahlya Hall's Second Blog
Wednesday, July 13, 2022

Hello all Randolph Residents and Readers,

Today's blog will be a little short, but I think everyone will find it useful in their everyday lives, and in the betterment of Randolph. This week I truly was able to learn that kindness is essential when collaborating with a group. This week Monday, August 1, 2022 through Thursday 4, 2022 I had to work tightly together with my peers as we had a lot of work to still do, and the only way we can accomplish it is as a team. Most importantly, in this act I had to lead with kindness to lower stress, and increase our stamina.

There were 4 kindness mantras that led me through the process each day:

Slow down. One thing at a time.

Always speak as kindly to yourself as you would to your best friend.

Think about what you need to change to help yourself "bloom".

Keep showing up. Keep trying. Keep fighting.

Thank you Randolph,

Nahlya Hall