

My MONTH of MINDFULNESS:

Mini moments to boost your wellbeing and awareness.

DAY 1

Slow your walking speed for 2 minutes.

DAY 2

Wish someone 'good morning' today.

DAY 3

Sit on the side of your bed before getting up.

DAY 4

Chew your food mindfully during a meal.

DAY 5

Smile when you look in the mirror.

DAY 6

Forgive a small source of stress or irritation.

DAY 7

Send a kind message to someone you know.

DAY 8

Notice any tension in your body and let it go.

DAY 9

Drink a cup of tea or coffee in silence.

DAY 10

Step back from a difficult situation and breathe.

DAY 11

Count the different colours all around you.

DAY 12

Feel the water on your skin during a shower.

DAY 13

Focus on the soles of your feet touching the ground.

DAY 14

Sit in calmness for a 5-minute meditation.

DAY 15

Reflect on what you feel grateful for.

DAY 16

Hold hands with a person you care about.

DAY 17

Sit in silence for 10 minutes.

DAY 18

Look out of the window and notice the scenery.

DAY 19

Ask someone if they need any help.

DAY 20

Take a lunch break, no matter how short.

DAY 21

Stretch gently for 5 minutes today.

DAY 22

Switch off from social media for a day.

DAY 23

Give yourself some encouraging self-talk.

DAY 24

Write down 3 things you appreciate today.

DAY 25

Message a friend to see how they're feeling.

DAY 26

Drive or walk somewhere in silence.

DAY 27

Recognise what someone did for you recently.

DAY 28

Try a 20-minute meditation in a quiet place.

Mindfulness - being alert and aware of what is happening within you and around you in this moment. No judgement, only awareness. ~ Dr. Cheryl Rezek

Yay!