



NOVEMBER

Times of Change



Mindfulness Association

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

As we move towards the darker evenings and longer nights how are you feeling? How might you care for yourself through changing times?

JOIN OUR MEMBERSHIP THIS MONTH!

Just £10 for a 6 month trial period
FREE MEMBERS ONLINE WEEKENDS, MONTHLY TEACHINGS MEMBERS WEBSITE with TEACHING ARCHIVE and RECORDED PRACTICES. Join Us & Join In!

1

Set an intention this month to notice moments of change.

2

Notice everyday transitions: how do you feel about going from inside to outside as you step through the door?

3

Notice the breath changing: at the end of the in-breath and at the end of the out-breath

4

Notice changes in the weather -when a cloud covers the sun, or when the sun comes out, or when it stops raining.

5

Become aware of how it feels to move from sitting to standing. Notice which muscles are involved.

6

Notice how it feels to turn the page of a book. Any subtle thoughts and feelings?

7

When you turn off the TV or music. What do you notice?

8

How does it feel to move between being awake and falling asleep at night?

9

What does the word 'change' mean to you?

10

Take care of yourself by practising mindfulness regularly.
 Join our daily sits at 10.30am or 7pm (Monday-Friday)

11

Daily mindfulness practice when things are going smoothly, helps us when challenges arise.

12

Can you fill yourself up by resting, sleeping, walking, dancing, meeting friends and eating well?

13

Set an intention to stay connected with friends and family to support you through any changes you are experiencing.

14

Contemplate that everything changes: and that that is the natural way of things.

15

Journaling can help us clarify our thoughts and feelings. Try journaling after meditation practice.

16

Notice if the mind is making a mountain out of a molehill.

17

If you have a life-change on the horizon, how can you prepare for it?

18

Reach out to your support network today. If you don't feel you have one, join us for free daily meditation practice online.

19

The mind likes to catastrophise. Can you notice when this happens?

20

Ask yourself: How can I be gentle with myself today?

21

Spend some time today preparing for any changes ahead.

22

Mark some time in your diary to do something you love!

23

Live today with beginner's mind. Imagine this is your first day here and now.

24

How might a change in my life be good for me?

25

Are there any changes that I need to make in my life that would deeply benefit me?

26

Habits are hard to change. Notice which habits might be holding you back.

27

How might I help someone as they go through a change in their life?

28

Our bodies change as we age. Am I accepting this about my body?

29

Notice how it is to gradually awaken... mindfully shifting from sleeping to waking.

30

How has it been this month to reflect on change in life. What have you learned?

JOIN OUR FREE GUIDED DAILY MEDITATIONS
 10.30am & 7pm
 Monday-Friday (UK TIME)
 Beginners Welcome!