

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MONDAY

1

Start a gratitude journal. Write down 3 things you are grateful for

2

Eat a meal mindfully. Savour the flavours and textures

3

Prioritise your mindfulness practice today

4

Explore your senses - what can you see, hear, feel, smell and taste?

5

Stop regularly during the day and just notice the breath

6

Do a mini Body Scan to ground yourself

7

Do a task you do not enjoy with mindful attention and see how it affects your experience

8

When you notice stress, put your hand on your heart and breathe slowly

9

Spend some time in and connect with nature - it is very healing

10

When you wake up, take 5 mindful breaths before getting out of bed

11

Make a list of pleasant, nourishing activities. Put them in your diary and do them mindfully

12

Take a walk today and pay attention to the feel of the feet as they meet the ground

13

Listen to the soundtrack of your environment. Breathe with the sounds arising

14

Take a "Self-Compassion Break"

15

Take a moment and ask yourself "how am I feeling right now?"

16

This morning, brush your teeth mindfully, take your time and focus fully on this act

17

Stand up and stretch regularly. Feel the tension leaving the muscles as you do

18

Take 1-minute to listen to the sounds of spring

19

Do a random act of kindness for someone today

20

If in a queue, rather than reaching for your phone, breathe mindfully instead

21

Drink your tea or coffee mindfully. Take your time, notice the warmth and flavour

22

Take a 3-Minute Breathing Space

23

Remember that "thoughts are not facts" and gently let go of rumination

24

Do at least one activity today that is just for you - notice how that feels

25

Pick an object and look at it with beginners mind, as if for the first time

26

Do a 5-minute Body Like a Mountain meditation

27

Read some mindful poetry and connect to your emotions

28

Spend some time in silence today, enjoy the stillness

29

Choose a routine activity and do it mindfully. Notice what that is like and how you feel

30

Move mindfully with 5-minutes of Qigong



Mindfulness Association

APRIL