

Mindfulness Challenge

Directions:

For the next 2 weeks, practice mindfulness for 5 minutes a day for at least 10 days. In a day where distractions are plenty and to-do lists never-end, it can be important to slow down and be present in the moment. Mindfulness is the idea that one is aware of their current situation and is calmly accepting their feelings, thoughts, and surroundings. Being present helps to alleviate stress levels and increase happiness.

How to practice mindfulness:

1. Find a quiet spot to reside.
2. Calmly breathe in and out, focusing the mind only on the breath. If the mind wanders, gently bring it back to focusing on the breath.
3. After a minute or two of focusing on the breath, begin to do a mental full body scan, starting with the head and finally reaching the toes. Be aware of any sensations, tension, or pain you may feel.
4. As you continue scanning the body, remember to gently bring your mind back as it wanders.
5. In closing, remind yourself that becoming present is a process.

Track:

Color in an oval below for each day you practice mindfulness.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

