



## 21 Days of Mindfulness

The physical, mental and emotional benefits of mindfulness are quite impressive. Mindfulness and meditation practices have been extensively linked to easing symptoms of depression and anxiety, reducing emotional reactivity, improving concentration, increasing gray matter in the regions of the brain associated with memory, sense of self, and empathy, improving cognitive functioning, reducing levels of the hormone cortisol, lowering blood pressure, increasing immune function and is linked to losing weight and cutting one's risk of heart attack in half.

**Challenge Overview:** Learn simple tasks that you can do every day to be more present in your own life. While the primary goal is to encourage a greater sense of feeling present, these tasks also result in a greater feeling of calm, easy, empathy, appreciation, gratitude and balance.

**Challenge Goal:** Complete a mindfulness booster of your choice for the next 21 days. If you complete 19 of 21 or more days you will be entered into the prize pool. If you achieved this goal by the end of the challenge, sign and date the bottom of your sheet and return it to your wellness coordinator to be entered into a prize drawing.



# MINDFULNESS BOOSTERS



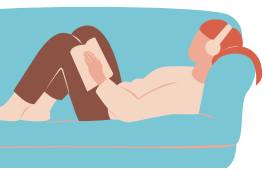
## Mindful Attitude of Gratitude:

1. Before going to bed, write down 3 things that you really appreciated today.
2. Take a picture or video of something that made you feel peace or joy today.
3. Thank someone who has recently helped you in some way.



## Mindful Movement

4. Walk for 10 minutes today, without looking at your phone, focusing on your surroundings.
5. Get some exercise today without music and simply notice the different sensations.
6. Brush your teeth today with your non-dominant hand to encourage attention.



## Mindful Screentime

7. Every time your phone vibrates/rings today, pause for one breath before looking at it.
8. Commit to no screen time for 2 hours before bed today.
9. Every time you feel the urge to check your phone or social media, take a deep breath, then feel if you really need to check it.



## Mindful Eating/Drinking

10. Drink a mindful cup of tea or coffee today, without distractions, focusing on smell & taste
11. At your next meal, slow down and continue to breathe deeply as you eat and savor the taste.
12. Reset your posture today by straightening your back each time you sit down to eat today.



## Mindful Moment

13. Observe the weather: Cloud watch, feel the sun on your skin, or watch drops of rain.
14. Sit down and listen to your favorite song or piece of music today without doing anything else.
15. Look around you and list ten things you can see, hear, feel, or smell.



## Mindful Meditation

16. Take 5, 2 minute breaks today to simply follow your breath for mini meditations.
17. Do a body scan: Are there areas of tension or soreness you can stretch or massage out?
18. Close your eyes and listen to the sounds around you while deep breathing.



## Mindful Connection

19. Without forcing it, ask someone how they are today and listen without judgment.
20. Show a random act of kindness. Hold a door, compliment someone, share a word of encouragement.
21. Take a moment to cuddle or pet your dog/cat with full presence.



## 21 Days of *mindfulness*

Implement a mindfulness booster of your choice for the next 21 days. You must try at least one booster from each category over the 21 days. Record the number of the booster below.

### RECORD YOUR MINDFULNESS BOOSTERS

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21

### WIN A PRIZE!

If you complete techniques on at least 19 of 21 days you will be entered into a prize raffle for \_\_\_\_\_.

Submit your completed tracking sheet to \_\_\_\_\_ by the deadline of \_\_\_\_\_.

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_