



# Mindful Minutes

This challenge is meant to give you ideas to incorporate mindfulness into your everyday activities. Transform your daily routines into mindfulness practices. When you experience seemingly mundane activities as mindful moments, you start to transform the way you show up in your life. You shift from moving on autopilot to being present and attentive.

## WAKING UP

Beginning your day with intention sets a conscious tone for what's ahead. Before you even get out of bed, consider taking a moment to pause and practicing one or all of these things:

- **Take a minute:** Notice your body, its position and if there are any points of tension. Stretch, bring life into your joints and relax your muscles.
- **Take a minute:** Notice your emotions. Are you angry, frustrated, calm, happy, sad or stressed? Meditate, pray, take time to connect with your faith or do a breathing exercise to center your emotions.
- **Take a minute:** Notice your thoughts. Are you worrying about the future or thinking about the past? Center your thoughts. Visualize the day ahead and then set an intention for how you'd like the day to go. "May this day be calm. May I overcome the challenges ahead with grace. May I feel healthy and vibrant. May I be mindful and notice my thoughts throughout the day."
- **Take a minute:** Notice your location. Where are you? Stay grounded by lovingly bringing yourself to the present. Feel the sensation of your body in your bed. Take a moment to notice one thing in your room, whether it's the dim light of your phone or the sunlight filtering in through the windows.

## MAKING YOUR BED

This simple action can help you start your day feeling accomplished. Taking charge and completing simple tasks gives you a foundation to take on more and more throughout the day.

- **Take a minute:** Notice the lines and creases of your sheets and comforter. Feel the sensation of the material against your skin.
- **Take a minute:** Before you start thinking about all you have to do, take a moment to acknowledge the beauty of a brand-new day. With gratitude, acknowledge your ability to see, touch and hear.

## BRUSHING YOUR TEETH AND TAKING A SHOWER

If you're brushing like the dentist tells you to, you're spending about two minutes every morning and evening brushing your teeth. Even showering and caring for your personal hygiene is something you do every day, so why not use it as time to practice mindfulness?

- **Take a minute:** Pay attention to the minty smell of your toothpaste, the coolness as it touches your teeth, the feeling and sound of brushing and the refreshing sense you get when you're finished brushing your teeth.
- **Take a minute:** Enjoy the feeling of washing your hair, the soap on your skin and soaking in the warmth of the water.
- **Take a minute:** Notice the sounds and sensations of the water and how it makes you feel. Observe it all with mindful attention as you lather up and rinse. With gratitude, acknowledge your ability to care for your personal hygiene and your access to safe, clean water.

## *Mindful Minutes*

### **TAKING A WALK OUTSIDE**

- **Take a minute:** Notice your body. Feel the sensation of your feet firmly planted on the ground or how your feet move as you walk, step by step.
- **Take a minute:** Name five things you can see, four things you can hear, three things you can smell and two things you can feel. Observe details in the environment as you walk around your neighborhood. Try to notice one new thing you haven't noticed before.
- **Take a minute:** Notice your emotions. Are you angry, frustrated, calm, happy, sad or stressed? Connect with nature by noticing how many different colors you can name. Breathe in the fresh air and take some time to think about what you're grateful for in the moment.
- **Take a minute:** Animals are great mindfulness role models. If you have a dog, go on a walk with your dog and notice your location. Where are you? Connect with your furry friend by noticing what they notice. Chances are you'll notice something new, even if you take the same route every morning.

### **EATING A MEAL**

Take time to practice mindful eating. It's easy to rush through meals, but it's important to take time to savor and enjoy the experience of food.

- **Take a minute:** Practice intuitive eating. Before you start your meal, rate your hunger on a scale of one to 10, with one being extremely hungry and 10 being extremely full. Gauging your hunger and fullness will allow you to notice your feelings of hunger before you eat and the feelings of fullness or satisfaction when you are finished.
- **Take a minute:** As you eat your food, experience the flavors and textures of your meal. Notice the smell, the way your food hits your tongue and the effects the flavors have on different areas of your mouth.

### **STARTING AND SITTING AT YOUR COMPUTER**

It takes a moment or two for your computer to wake up in the morning. Instead of impatiently waiting for it to reboot, take a moment to practice mindfulness.

- **Take a minute:** Close your eyes and mentally scan your body to discover where you might be holding tension. Bring your attention to one body part at a time and observe any sensations, taking time to tense and relax any areas of tightness. Set an intention for your workday and use that to keep you grounded in times of stress.
- **Take a minute:** It's easy to get caught up in all your tasks and the work that needs to be done. Check in with yourself:
  - **Body:** Notice how your body is positioned. Are you holding onto any tension?
  - **Emotions:** Are you angry, frustrated, calm, happy, sad or stressed?
  - **Thoughts:** Are you worrying, stewing or rehashing? Are you stuck in the past or future?
  - **Location:** Where are you? Remember to stay grounded. Feel your feet on the floor.Take a short walk.

### **GETTING READY FOR BED**

Having the right wind-down routine is critical to a good night's sleep. Design your own nighttime ritual to include activities that allow you to feel relaxed and calm as you end your day.

- **Take a minute:** Spend a few moments reflecting on your day. What did you accomplish? What are you grateful for? Write it down in a journal, share it with your partner or just close your eyes and reflect.
- **Take a minute:** Notice your body. Are there any areas of tension? Do some light or gentle stretches, or take a moment and clench your fists tightly like you're squeezing an orange. Squeeze for five seconds and then relax. Do this with any part of your body that holds tension.
- **Take a minute:** Enjoy a soothing candle or calming incense. Listen to relaxing music. Try a guided meditation from an app like Calm or Headspace.

## *Mindful Minutes* **BINGO**

Practice the mindfulness activities below, and cross them off as you go.

Close your eyes and mentally scan your body to discover where you might be holding tension.

Practice mindfulness as you make your bed.

Clench your fists tightly like you're squeezing an orange. Squeeze for five seconds and then relax. Do this with any part of your body that holds tension.

Listen to relaxing music.

Try a guided meditation from an app like Calm or Headspace.

Notice your emotions. Are you angry, frustrated, calm, happy, sad or stressed?

Observe details in the environment as you walk around your neighborhood. Try to notice one new thing you haven't noticed before.

Take a walk and feel the sensation of your feet firmly planted on the ground.

Before you start thinking about all you have to do, take a moment to acknowledge the beauty of a brand-new day. With gratitude, acknowledge your ability to see, touch and hear.

Visualize the day ahead and then set an intention for how you'd like the day to go.

As you eat your food, experience the flavors and textures of your meal.

Breathe in the fresh air and take some time to think about what you're grateful for in the moment.



Take a moment to notice one thing in your room.

Connect with nature by noticing how many different colors you can name.

Notice your thoughts. Are you worrying about the future or thinking about the past? Center your thoughts.

Name five things you can see, four things you can hear, three things you can smell and two things you can feel.

Spend a few moments reflecting on your day. What did you accomplish? What are you grateful for? Write it down in a journal, share it with your partner or just close your eyes and reflect.

Practice mindfulness as you brush your teeth.

Notice your body, its position and if there are any points of tension. Stretch, bring life into your joints and relax your muscles.

Enjoy the feeling of washing your hair, the soap on your skin and soaking in the warmth of the water.

Notice your location. Where are you?

Practice intuitive eating. Before you start your meal, rate your hunger on a scale of one to 10.

Take a moment to practice mindfulness as your computer turns on.

Enjoy a soothing candle or calming incense.