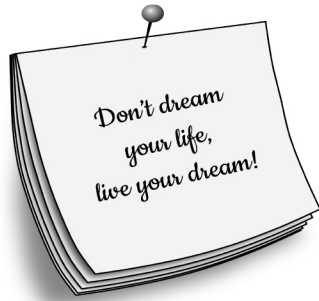




5- Day Mindfulness Challenge

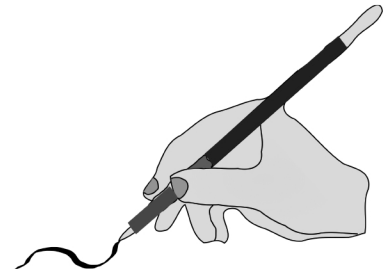


Day 1 - Positively Mindful

Write a positive message, and post it somewhere you will see it all week. (sticky notes are perfect!) We suggest using a quote you love or a meaningful word. Each time you see it, think about how it makes you feel. Notice your emotional and physical responses.

Day 2 - Fresh Eyes

You'll need a pen and paper. Pick an everyday item in your house or outside. Really take some time to look at this item. Keep looking at the item until you notice something new about it. Now sketch what you see. Don't worry about how your sketch looks. The key is to focus on how your pen moves on the page and what you are noticing about the object.



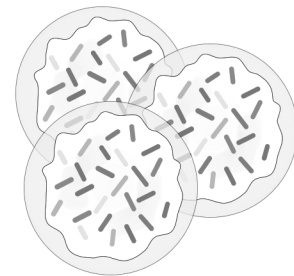
Day 3 - Water Exercise

The shower is the perfect time to practice being in the moment. It's our own quiet time where we don't have phones or the television to distract us. Next time you shower, pay attention to the feeling of the water on your skin. Notice the sensations you feel. Notice the smell of the shampoo and soap you use. After, choose three words to describe the experience.

Day 4 - Reset Button

Sometimes it's good to hit the reset button. Take some time to something you love, life will still be here when you are done. Here are some quick suggestions:

- Take a nap
- Play music you love
- Bake your favorite treat
- Go for a walk with a friend



Day 5 - Brushing Your Teeth

When you brush your teeth, pay attention to the sensations you feel. The temperature of the water, the minty tingle, the way the bristles feel as they move, the taste of your toothpaste. Notice all aspects. This is great practice for living in the moment!