




May 2024 | Activity a Day to Practice Mindfulness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>Create a “calm space” in your home</p>	<p>2</p> <p>Send a written thank you note to let someone know you appreciate them</p>	<p>3</p> <p>Take on a tough task to build your self-confidence</p>	<p>4</p> <p>Go for a 30-minute walk in nature</p>
<p>5</p> <p>Close your eyes and visualize a peaceful place for 10-15 minutes</p>	<p>6</p> <p>Turn off lights and devices one hour before going to sleep</p>	<p>7</p> <p>Perform a small act of kindness for another person</p>	<p>8</p> <p>Listen to music that will lift your mood</p>	<p>9</p> <p>Make a list of 5 things you're grateful for</p>	<p>10</p> <p>Stay hydrated to maintain a positive mood (aim for 64 ounces/day)</p>	<p>11</p> <p>Go out without your cell phone today and spend time with a friend</p>
<p>12</p> <p>Take some time today to do a hobby you enjoy</p>	<p>13</p> <p>Say hello or wave to a stranger today</p>	<p>14</p> <p>Practice deep breathing: Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds</p>	<p>15</p> <p>Find time to watch a funny video, movie or hang out with someone who makes you laugh</p>	<p>16</p> <p>Do something that makes you happy with a friend or family member</p>	<p>17</p> <p>Say positive affirmations in the mirror to boost your confidence</p>	<p>18</p> <p>Discuss mental health with others to combat stigma</p>
<p>19</p> <p>Pick a favorite family meal and cook together in the kitchen</p>	<p>20</p> <p>Step outside and practice mindful breathing with bubbles</p>	<p>21</p> <p>Take a nature walk and see what different senses you can heighten</p>	<p>22</p> <p>Enjoy mindfulness coloring pages for relaxation and focus</p>	<p>23</p> <p>Gather the family together and create a game of “Would you rather”</p>	<p>24</p> <p>Mail a handwritten letter to a friend or family member</p>	<p>25</p> <p>Feel the warm sunshine on your skin</p>
<p>26</p> <p>Take 5-minutes to stretch your body! Bonus points if you do it outside</p>	<p>27</p> <p>Take picture outside using a disposable camera</p>	<p>28</p> <p>Write down 5 things you are good at</p>	<p>29</p> <p>Declutter your bedroom by donating toys, old clothes or books</p>	<p>30</p> <p>Spend time with a furry friend to improve your mental health</p>	<p>31</p> <p>Take 30-minutes for yourself and do something you love</p>	