

MINDFUL MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
# <input type="checkbox"/> 1	# <input type="checkbox"/> 2	# <input type="checkbox"/> 3	# <input type="checkbox"/> 4	# <input type="checkbox"/> 5	# <input type="checkbox"/> 6	# <input type="checkbox"/> 7
# <input type="checkbox"/> 8	# <input type="checkbox"/> 9	# <input type="checkbox"/> 10	# <input type="checkbox"/> 11	# <input type="checkbox"/> 12	# <input type="checkbox"/> 13	# <input type="checkbox"/> 14
# <input type="checkbox"/> 15	# <input type="checkbox"/> 16	# <input type="checkbox"/> 17	# <input type="checkbox"/> 18	# <input type="checkbox"/> 19	# <input type="checkbox"/> 20 <i>International Day of Happiness</i>	# <input type="checkbox"/> 21
# <input type="checkbox"/> 22	# <input type="checkbox"/> 23	# <input type="checkbox"/> 24	# <input type="checkbox"/> 25	# <input type="checkbox"/> 26	# <input type="checkbox"/> 27	# <input type="checkbox"/> 28
# <input type="checkbox"/> 29	# <input type="checkbox"/> 30	# <input type="checkbox"/> 31				

Mindfulness is just like any other type of exercise: the more you do it, the stronger and more skilled you become! Complete **5 of 10 mindful activities** this month to help reduce stress, anxiety, and bring a fresh perspective to your month!

- 1. Journal about a time in your life that gives you warm fuzzies
- 2. Practice yoga
- 3. Make art (paint, color, draw, sculpt, etc.)
- 4. Follow a guided meditation found online or in an app
- 5. Take a seat outdoors to look and listen to the world around you
- 6. Eat a meal without the distraction of your phone or TV
- 7. Focus on your breath
- 8. Go to bed when you feel tired
- 9. Mindfully eat a small piece of chocolate
- 10. Send a note to someone important in your life



EMPLOYEE & FAMILY RESOURCES WELLNESS

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