

MINDFULNESS IN MAY

TANK TASK:

The informal practice of mindfulness simply means practicing within the flow of our daily activities.

It's living mindfully. Mindfulness isn't difficult but remembering to be mindful can be.

We've put together a month of mindfulness for you to explore different ways to incorporate mindfulness into your life.

Enjoy taking time to find your focus.



Join us for a month dedicated to finding focus.

M	Tu	W	Th	F	Sa	Su
						Just breath. Close your eyes and bring awareness to how your body breathes. 1
Write down three things that went well today and share it with someone else. 2	Play your favourite song. Really tune in to the music, feel it in your body. Sing and dance. 3	Tune in to how others impact you. How are you left feeling after interactions? 4	Close your eyes. Think of all the tiny happy things that make you smile. 5	Listen more than you talk today. Tune into other people and listen mindfully and generously. 6	Take five minutes to write down all of what's on your mind. 7	Notice what you do when you're waiting. How do you feel? 8
Take one thing off your to-do list and replace it with something restful. 9	Find a quote or affirmation to inspire or motivate you today. 10	Get outside, even if it's just for five minutes. Tune in to all of your senses. 11	Notice how the foods you eat affect your energy levels. 12	Have a mindful bath or shower today. Be present and tune in to the experience. See what you notice. 13	Celebrate a small win today. 14	Close your eyes and breath deeply. Use the exhale to release tension and let go of worry and stress. 15
Let someone know why they matter to you. 16	Tune in to your body. Scan from the top of your head to the soles of your feet. What does your body need right now? 17	Schedule time for relaxation today. Notice how rest re-energises you. 18	Take three short mindful stretch breaks throughout the day. Bring awareness to your body. 19	List three things that keep you motivated. Make time to do one of them today. 20	Mindfully eat your lunch today. Tune in to all of your senses and eat slowly. Make it an experience. 21	Pause throughout the day and ask yourself 'what am I grateful for in this moment?' 22
Tune in to your energy levels and make adjustments to your day accordingly. 23	Look for the goodness in someone you find challenging to be around. 24	Brush your teeth with the opposite hand today. Give it all of your attention. 25	Do something kind for someone else today. 26	Get creative. Draw how you're feeling today. 27	Go for a walk. Tune in to your body and the amazing way it allows you to move. 28	Take a photo of something that inspires gratitude. 29
Make some device free time. Unplug and take a break. 30	You did it! A month of mindfulness. What lessons will you carry with you. 31					