

May

MINDFULNESS



CALENDAR

01

Practice a mindful breathing exercise for 5 minutes each day.

02

Take a walk in nature and focus on your senses, such as the sound of birds or the feeling of the sun on your skin.

03

Practice mindful eating by savoring each bite and being fully present in the moment.

04

Take a break from technology and engage in a creative activity, such as drawing or writing.

05

Practice a loving-kindness meditation to cultivate feelings of compassion and kindness towards yourself and others.

06

Take a mindful shower, focusing on the sensations of the water and the smell of the soap.

07

Watch a comedy, tell jokes with friends or family, or play games that make you laugh.

08

Engage in a mindful movement practice, such as yoga or tai chi.

09

Spend time in silence and simply observe your thoughts without judgment.

10

Practice gratitude by writing down three things you're grateful for each day.

11

Take a break from multitasking and focus on one task at a time with full presence.

12

Spend time in nature, observing the beauty around you.

13

Practice a mindful listening exercise by focusing on the sounds around you.

14

Have a brunch date with your mother at her favorite restaurant.

15

Spend time with a pet and fully engage in the experience of being present with them.

16

Practice mindful journaling by writing down your thoughts and emotions without judgment.

17

Bake something delicious for yourself or for someone else you love.

18

Practice a mindful compassion exercise, such as sending love and kindness to someone who is suffering.

19

Spend time in a calming environment, such as a garden or a quiet room, and simply be present.

20

Take a mindful walk, paying attention to your surroundings and your breath.

21

Practice gratitude meditation by focusing on the things in your life that bring you joy and happiness.

22

Take a mindful break from social media and connect with loved ones in person or through a phone call.

23

Practice mindful breathing during a workout or exercise routine.

24

Plan a special activity or outing with your brother to celebrate brother's day.

25

Take a break from technology and spend time in silence or meditation.

26

Practice a mindful self-compassion exercise by offering yourself kindness and understanding.

27

Engage in a mindful conversation by fully listening to the other person and being present in the moment.

28

Spend time in a peaceful environment, such as a park or a quiet room, and simply observe your surroundings.

29

Practice a mindful relaxation exercise, such as a progressive muscle relaxation or a guided meditation.

30

Spend time doing a mindful activity that brings you joy, such as reading or listening to music, and fully engage in the experience.