

Daily Mindfulness Challenge

Mindfulness. It's the ability to be fully present in the moment — to be aware of where we are, what we are doing, and not to get overwhelmed by what's happening around you.

Mindfulness can decrease stress, improve your immune response, and increase your focus and memory. The biggest challenge of developing a strong mindfulness practice is getting started and dedicating the time you need to progress your practice.

For the next three weeks, begin implementing a mindfulness practice into your week. Start with three days a week. Then, progress to five days a week during Week 2 before committing to seven days a week during Week 3. Here are some example habits to choose from:

- Breathing exercises - <https://bit.ly/3yzW8LA>
- Movement meditation (walking, stretching, exercising) - <https://bit.ly/2TnSnc7>
- Guided meditation - <https://bit.ly/34noDhC>
- Body scan meditation - <https://bit.ly/3wyNew8>
- Gratitude journal - <https://bit.ly/3yHmpHV>

Instructions:

Choose the mindfulness practice that best fits you, and track your participation by checking the boxes below.

Week 1	☐	☐	☐				
Week 2	☐	☐	☐	☐	☐		
Week 3	☐	☐	☐	☐	☐	☐	☐

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