## 30 DAYS OF MINDFULNESS

1 5 min mindful foot rub with lotion	2 take a mindful shower	3 5 min mindful walk	4 pay attention to the sensations of giving a smile	5 pay attention to face of someone smiling at you
6 listen to a song mindfully	7 get out of bed mindfully	8 take two mindful bites of food	take two mindful sips of any beverage	10 get into bed mindfully
11 close eyes and listen to all sounds for 2 mins	12 chop or slice a vegetable mindfully	13 wash or rinse your dishes mindfully	14 in a sleeveless shirt, pay attention to air on skin for 2 mins	15 take 6 mindful slow breaths
16 massage your face, neck, and ears mindfully	17 non-judgmentally watch your thoughts come and go for 5 mins	18 do 10 jumping jacks and pay attention to the sensations of exertion	19 mindfully notice the next time you are self-critical	20 walk up some stairs mindfully
massage your face, neck, and	non-judgmentally watch your thoughts come and	do 10 jumping jacks and pay attention to the sensations of	mindfully notice the next time you	walk up some stairs

Mindfulness means paying attention to your current experiences e.g., smells, sounds, and the sensations of your body (like the feeling of your body breathing or of lifting your leg while walking or of lifting your hand while chopping.) Allow any sensations to come and go into and out of your awareness however they do, without judging them as good or bad.



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