

































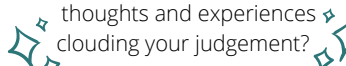



Mindful Living

5 WEEK CHALLENGE

"Mindfulness isn't difficult. We just need to remember to do it." - Sharon Salzberg

<p>1 Mindful Eating is about making thoughtful food choices and being aware of what is motivating us to eat.</p> <p><input type="checkbox"/> Try to be more mindful with your meals today by writing down what you ate.</p> 	<p>2 To focus on the flavor of your food and your satiety, try eating without distractions. Turn off TV, music, and screens and eat away from your phone</p> <p><input type="checkbox"/> Eat slowly and without distraction</p> 	<p>3 Ask Yourself, "Am I eating because I am hungry"? Several things like emotions and environment can cause us to eat... and perhaps overeat.</p> <p><input type="checkbox"/> Determine the motivation behind your eating... like are you bored, angry, or hungry?</p> 	<p>4 </p> <p><input type="checkbox"/> Before tasting your food, observe your plate with your other senses?</p> <ul style="list-style-type: none"> • What does your food look like? • What does your food smell like? 	<p>5 Perhaps our most challenging times to remain mindful is when we are not preparing our own food, like when eating out.</p> <p><input type="checkbox"/> Try choosing a restaurant that has healthy options or at least prepares vegetables that you enjoy</p> 	<p>6 Sometimes we are overwhelmed by certain situations and may lose our ability to cope with the pressure...</p> <p><input type="checkbox"/> Develop an action plan with a healthy coping strategy such as deep breathing or simple physical activities that could help with stress management.</p> 	<p>7 WHY BE MINDFUL? Learn more with this week's mindful eating handout. Posted on Facebook.</p> <p><input type="checkbox"/> Put all the "mindful eating" tips into affect, and write down your progress.</p> 
<p>8 Remind yourself that exercise is self-care. You are doing something great by simply moving.</p> <p><input type="checkbox"/> Make sure to move, go for a walk or do some form of physical activity that you like.</p> 	<p>9 Before and during exercise, scan your body for aches or tightness. Assess your body and be flexible with the day's fitness goals.</p> <p><input type="checkbox"/> Today take it easy if your body feels like it needs a rest or do an active recovery (easy walk or foam roll stretch) if you're feeling up to it.</p> 	<p>10 Focus on your breath and create a pattern with your movements.</p> <p><input type="checkbox"/> While walking, try inhaling for 2-3 steps.</p> <p>This aids performance and creates a form of moving meditation.</p> 	<p>11 Being aware of your posture can help prevent pain and injuries. A good reminder is to sit or stand as if someone was gently pulling you up by the ears.</p> <p><input type="checkbox"/> Be mindful of your posture and apply the above tips.</p> 	<p>12 As with any task, we become distracted, or our mind might wander during exercise. But part of mindfulness is about being present in the moment.</p> <p><input type="checkbox"/> So, without scolding yourself, return your attention to your movement or your breathing pattern, or both.</p> 	<p>13 Remember that  exercise is self-care. Be more mindful with your  movement this month</p> <p><input type="checkbox"/> Schedule out your exercises for the rest of the month.</p>	<p>14 WHY BE MINDFUL? Learn more with this week's mindful living - exercise handout. Posted on Facebook.</p> <p><input type="checkbox"/> Put all the "mindful living - exercise" tips into affect, and write down your progress.</p> 
<p>15 A stressful lifestyle can result in parent-child conflict. Take a break from your to-do list and spend quality time with your child...</p> <p><input type="checkbox"/> Do a quality time activity like go for a walk together or read their favorite book.</p> 	<p>16 Mindful parenting encourages healthy relationships and improves mental well-being for parents and children.</p> <p><input type="checkbox"/> Accept and acknowledge the traits and behaviors of yourself and your child.</p> 	<p>17 Family mealtimes provide opportunities for children to participate in everyday chores like cooking and cleaning-up. Making family mealtimes a priority is a great way to promote parent-child bonding.</p> <p><input type="checkbox"/> Today, create a meal and eat together as a family.</p> 	<p>18 Listening with full attention ensures that your children are heard and their opinion.</p> <p><input type="checkbox"/> Listen with full attention.</p> 	<p>19 Mindful parenting consists of five components, which are listening with full attention, non-judgmental acceptance, emotional awareness, compassion, and self-regulation.</p> <p><input type="checkbox"/> Try to do a self-check and apply the five components.</p> 	<p>20 Listening enables you to be sensitive to the other person's emotions and helps to accurately understand what they are trying to convey.</p> <p><input type="checkbox"/> Listen to your loved ones with full attention.</p> 	<p>21 WHY BE MINDFUL? Learn more with this week's mindful living - parenting handout. Posted on Facebook.</p> <p><input type="checkbox"/> Put all the "mindful living - parenting" tips into affect, and write down your progress.</p> 
<p>22 Being mindful of technology encourages healthy connections with yourself and others.</p> <p><input type="checkbox"/> In the presence of family and friends, try putting away your phone so you can be present with loved ones.</p> 	<p>23 <input type="checkbox"/> Try a digital detox for a least one hour a day.</p> <p>Time spent on digital devices replaces time spent on exercise, bonding, and creative activities.</p> 	<p>24 <input type="checkbox"/> Avoid screens an hour before bedtime and in your bedroom. The bright lights from devices may disrupt sleep.</p> 	<p>25 <input type="checkbox"/> Avoid talking or texting while driving. Always stay focused on the road.</p> 	<p>26 Being mindful of technology encourages healthy connections with oneself and others rather than losing yourself in mobile devices. It also helps to refocus your concentration to be present by avoiding compulsive use of technology.</p> <p><input type="checkbox"/> Take breaks from social media to go outdoors.</p> 	<p>27 Practicing mindfulness leads to greater acceptance of yourself and your circumstances and may thus impact your approach and reactions to different situations.</p> <p><input type="checkbox"/> Practice mindfulness - when in a stressed situation take a breath before responding</p> 	<p>28 WHY BE MINDFUL? Learn more with this week's mindful living - digital awareness handout. Posted on Facebook.</p> <p><input type="checkbox"/> Put all the "mindful living - digital awareness" tips into affect, and write down your progress.</p> 
<p>29 To generate kinder self-talk, speak to yourself as if you were talking to someone for which you have infinite love and patience.</p> <p><input type="checkbox"/> Generate positive self-talk</p> 	<p>30 When feeling overwhelmed, observe your emotions, and the physical components of your stress.</p> <p><input type="checkbox"/> Write down your emotions when feeling stressed.</p> 	<p>31 Pay attention to the ways you deal with stress.</p> <p><input type="checkbox"/> Before turning to alcohol or high-calorie foods, consider a cup of tea, warm bath, or helping someone in need.</p> 	<p>32 A lack of sleep can weaken our immune system and ability to manage stress. Get enough sleep to allow your brain to rest and recharge.</p> <p><input type="checkbox"/> Try to get a full 8 hours of sleep.</p> 	<p>33 Becoming mindful and being able to identify how stress is affecting our thoughts and body is the first step in learning how to cope with stress healthfully.</p> <p><input type="checkbox"/> Mindfulness starts with breathing. Try to only focus on your breathing for a few minutes.</p> 	<p>34 Is your mind constantly wandering? Do you have a hard time concentrating? Are your thoughts and experiences clouding your judgement?</p> <p>Yes or No</p> <p><input type="checkbox"/> Write down what's on your mind.</p> 	<p>35 WHY BE MINDFUL? Learn more with this week's mindful living - coping with stress handout. Posted on Facebook.</p> <p><input type="checkbox"/> Put all the "mindful living - coping with stress" tips into affect, and write down your progress.</p> 

Mindfulness is a way of living and a method intended to pave the path for a complete awakening.

Each week we will cover a mindful topic with daily goals. Use this calendar as a guide to your "Mindful Living."

Week 1: Healthy Eating

Week 2: Exercise

Week 3: Parenting

Week 4: Digital Awareness

Week 5: Coping with Stress

5 Weeks = 35 Days

Thank you for participating in mindfulness.

May this be the next step in your "mindful living" journey/lifestyle.

Share your success story & tag me on Social Media @justjossn



