



Mindful May 2022

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SUN	MON	TUE	WED	THU	FRI	SAT
1 Take 3 mindful breaths with a smile	2 Stretch for 10 seconds and breathe	3 Notice the colours in the sky today	4 Go for a walk without your phone	5 Listen Deeply to Someone Close	6 Take time to carefully look at a flower	7 Fully enjoy a cup of tea/coffee
8 Put 'rest' at the top of your to do list	9 Do something at half speed	10 Take 3 mindful breaths before eating	11 Go to bed a few minutes earlier	12 Find some fun jokes and share them	13 Praise someone you like today	14 Walk somewhere different today
15 Do something that's fun for you	16 Do a small act of kindness for someone	17 Be curious about something today	18 Smile today for no reason	19 Notice how your body feels	20 Try a short guided meditation	21 Call an old friend to see how they are doing
22 Ask 'how can I be kind to myself today?'	23 Listen to your intuition about something	24 Accept however you feel today	25 Do less rushing today	26 Say something kind to yourself	27 Care for a houseplant or do some gardening	28 Do something creative today
29 Spend some time looking at a tree	30 Say 'Today is going to be a mindful day'	31 Take 3 mindful breaths and smile				