



MINDFULNESS



Check out the content each day. Scan QR code for details:

1

Welcome Video about the Challenge

2

Mindfulness: being fully present and aware of current thoughts while avoiding distractions

3

Start the day with intention, try this simple, nourishing breakfast recipe

4

Guided video to practice breathing to help calm your mind and thoughts

5

Be mindful of hydration and try a hydrating wellness mocktail

6

Practice speaking to yourself with kindness today

7

Slow down and practice mindful eating today

8

Pause and notice the smell of your meal before starting

9

Try a plant-based day using colorful produce, whole grains, and legumes

10

Boost connection and wellbeing by sharing a meal with others today

11

Five ways to use oats for a nourishing boost

12

Listen to your body and be mindful of hunger or thirst cues

13

Here are some hydrating drinks to quench thirst

14

Ideas for a daily affirmation to ground you and nurture emotional wellbeing

15

Reading reduces stress, so get cozy and escape into a good book

16

Tips to move mindfully and listen to your body

17

Put a note somewhere visible reminding you to take a moment and pause

18

Take a 10-minute break from your devices

19

Try this Seafood Chu Chee Curry and enjoy the wonderful aroma

20

Write down 3 things you are grateful for today

21

Improve your rest with mindful bedtime habits

22

Learn about teas to improve sleep like chamomile and lavender

23

Try out this 5-minute stretch break today

24

"In today's rush, we all think too much, seek too much, want too much and forget the joy of just being"
-E. Tolle

25

Try a 5-minute meditation to relax your mind and refresh your energy

26

When eating, chew slowly and notice the many textures of food

27

Give these Crispy Buffalo Cannellini Beans a try and notice the crunchy texture

28

Put your utensil down in between bites to slow down and enjoy

29

Try this slaw recipe with fruits and vegetables to add texture to a dish

30

Improving mindfulness can help reduce stress and increase focus. Great job and keep it up!