

14-DAY MINDFULNESS CHALLENGE



Day 1: Stop and focus on your breath - you can close your eyes or keep them open. Don't change how you breathe, just focus on the inhale and exhale for a couple of minutes. How does that make you feel?



Day 2: Be in the moment and feel grateful for something. It could be your warm cup of coffee, or the sun streaming in the window. Stop and appreciate the moment.



Day 3: Perform an act of kindness to a loved one today. Show them how much you appreciate them.



Day 4: Notice the natural world - when you're out and about today, stop and pay attention to something in the natural world. A spider's web, a bird in a tree, a leaf falling from a tree. Focus on the object and when your mind drifts to something else, bring your attention back to the object. Try and achieve a moment of calm.



Day 5: Is your morning shower a time of calm or do you mentally rehearse your to-do list? Try using all of your senses when you're in the shower - tune in to the smell of the soap, the sound of the water, the feeling of the warm water. Keep your mind focused on these sensations to create a few minutes of peace in your day.



Day 6: Try a body scan. Listen to the tensions in your body and try and release them - by moving that part of the body, or by focusing your mind. Don't think about why you are feeling tense, just focus on the feeling of relaxation.



Day 7: Go for a walk and try focussing on each step - allow yourself 5 minutes of mindfulness by thinking about walking with intent.



Day 8: Take a minute to focus on what you can hear (or the silence) - if your mind wanders, guide your thoughts back to what you can hear and try and achieve a moment of calm.



Day 9: Practise mindful eating - stop and savour each mouthful. This can be tricky with children, so you could savour a snack or a drink at a time of day when you can create some calm.



Day 10: Wind down at the end of the day by focusing on the process and sensation of brushing your teeth. Doesn't your dentist tell you to brush for 2 minutes? Use those 2 minutes to calm your mind as well as clean your teeth!



Day 11: Discover some new music - choose something you've never heard before and allow yourself to listen deeply and become absorbed in the sounds.



Day 12: Stop and think about how you feel. Try writing down what you're thinking and feeling - focus on your sensory emotions. Why not try and take 5 minutes to write a journal every day for the next 2 weeks?



Day 13: Digital detox - try turning off your phone earlier tonight, or not turning it on until lunchtime tomorrow morning. Remove some of the distractions of the modern world so you can be truly in the moment.



Day 14: It's the end of the challenge! Remember small changes, big impact. Just a minute of mindfulness 5 times per day could make you feel more relaxed and more able to focus and think clearly.