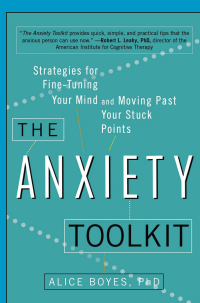


30 DAYS OF MINDFULNESS

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	9 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
21 notice the sensation of a pleasant emotion in your body	22 notice the sensation of a unpleasant emotion in your body	23 do a neck roll and pay attention to the sensations	24 take two mindful bites of a piece of fruit	25 sit outside and pay mindful attention for 5 mins
26 wash your hands mindfully	27 take two mindful sips of the last beverage you drink in the day	28 repeat the day you found most challenging	29 wash your face mindfully	30 repeat your favorite day

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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