

Have a

# DO-BEMINDFUL DECEMBER 2020!

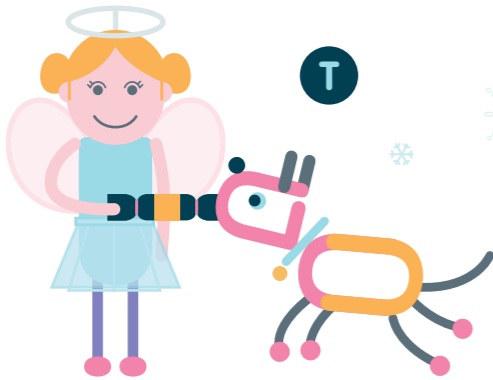
‘Feelings come and go like clouds in a windy sky.  
Conscious breathing is my anchor.’

Thich Nhat Hanh

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‘Breathe and Let Be.’

Jon Kabat-Zinn



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1 Show respect to others by being present and focusing your attention as you listen to them.

2 Take time out to do a Body Scan - notice how you feel today.

3 Write down 3 good things that happened today and take a moment to be grateful for them.

4 Practise training your attention muscle - focus on your breath and notice when your mind wanders.

5 Be mindful on the go and take a few moments in your day to practise mindful breathing - feel yourself becoming more calm and relaxed.

6 Re-wire your brain for happiness and think about Heartfulness today - be kind and compassionate to yourself and others.

7 When you have a disagreement with someone write down 3 things that you have in common and notice how it makes you feel.

8 Notice when you're being hard on yourself - take 3 slow breaths and be kind to yourself instead.

9 Try to notice when you're on autopilot during the day and each time bring your attention back to the present moment.

10 Think of someone who is going through a difficult time - do something kind for them.

11 Whenever you face a difficult situation practise self-compassion - give yourself a big hug and say 'I'm doing the best I can and that's enough'.

12 Build positive relationships with friends, family and those around you - be mindful in speaking, listening and in your behaviour with others.

13 Be gentle and patient with yourself and others today.

14 As you walk to school, the bus, the train or car - notice sensations in your body, feel the air on your face and the contact of the ground under your feet.

15 Remember to press the pause button before responding in a challenging situation.

16 Share a device-free meal with your friends or family and communicate mindfully.

17 Give yourself the same kindness and care today as you'd give to a good friend.

18 Send kind thoughts to someone that you've had a disagreement with.

19 Remember to communicate mindfully by asking yourself - Is it respectful? Is it helpful? Is it kind?

20 Avoid speaking in haste when you might later regret it - remember to press the pause button!

21 Create a Mindful Moment - pause, take a few slow breaths and let go of things that are bothering you.

22 As you go to sleep tonight take a few mindful breaths, feel the comforting warmth and softness of your bed and let go of tension in your body.

23 Send kind thoughts to everyone you care about.

24 Include some device-free time in your day and allow yourself to communicate mindfully with your friends and family.

25 Plan to eat one meal mindfully today with either your friends or family - notice tastes, smells and textures.

26 Be curious today - bring your awareness to a simple, everyday experience.

27 Transform unmindful reactions into mindful actions.

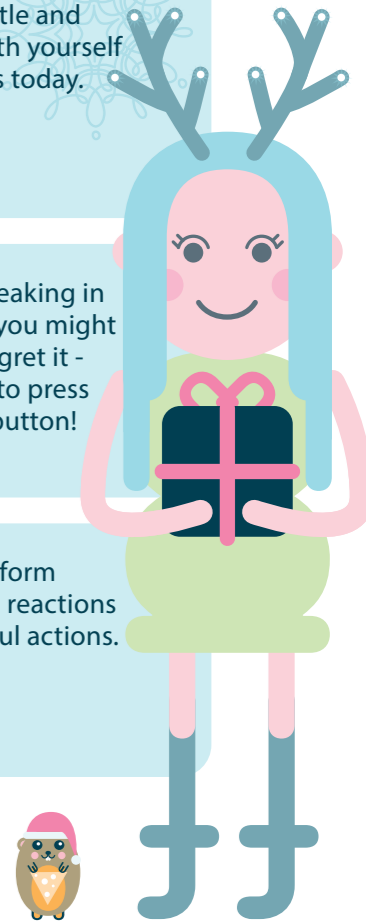
28 Be grateful for all the good things in your life - big or small.

29 Future intentions - think of one practical thing you'll do to help you continue practising Mindfulness regularly through 2021.

30 Bring Mindfulness to a routine, daily activity - take time to enjoy the simple things in life!

31 Plan a mindful walk - notice sounds, smells, colours, objects, the sensation of your feet touching the ground, the movement of your body with each step.

“Give yourself permission to allow this moment to be exactly as it is, and allow yourself to be exactly as you are.”



Jon Kabat-Zinn