

# 5 minutes of mindfulness a day



Are you ready to jumpstart your days with a little something extra? The 5-Minute Mindfulness Challenge is here. Complete as many boxes as you choose.

Just five minutes each day will support better mental health and overall wellbeing. From meditation and journaling, to stretching and deep breathing - we challenge you to discover the benefits of integrating small moments of mindfulness into your daily routine.

Focus on only one task	Take deep breaths	Write down 3 things you are grateful for	Eat mindfully, savoring each bite	Close your eyes, notice what you hear
Take a silent walk	Write and send a thank you note	Notice your thoughts, allow them to wander	Senses Meditation	Body scan practice
Watch the sun rise	Notice what you are feeling	Extend your exhale	Declutter your workspace	Connect with a friend
Sit in silence	Write down 3 things you appreciate about yourself	Counting breath practice	Stretch your body	Write down 3 things you appreciate about a coworker
Invite a coworker to walk	4x4 Breath Practice	Close your eyes, notice how you're feeling	Dance it out	Write and send a note of appreciation to someone
Write down 3 things that bring you joy or make you smile	Write down 3 things that frustrate you	Watch the sun set	Drink mindfully, noticing each sip	Give yourself permission to chill - do nothing

## 5 Simple Steps for 5 Minutes a Day



The mindfulness practice is the intention to live fully aware in the present moment. It's a practice of removing the filters of our past experiences, beliefs, judgments, and ideas, with the hope of experiencing the world with more clarity. To be mindful is to clear the fog that fuzzies, or even totally obscures, a true and clear perception of the world,

1. *Emotions:* Often we are triggered by an experience to feel a strong emotion. Acknowledge the variety of emotions that are present. Resist the temptation to understand, justify, or judge. Simply **name the emotions you notice** (joy, joy, joy). It is frequently a variety of emotions related to various stories looping through our minds. One strong trigger can set off a chain reaction of events and emotions that are seemingly unrelated and yet build and blend to become a soup of intense thoughts and emotions.
2. *Felt Sensations in the Body:* Do a body scan. Start at your feet and notice the felt sensations of your body as you move to the crown of your head. Again, resist the temptation to dive into the story of the sensation. Simply note the sensation, arms tense, shoulder tight, and continue your scan feeling the sensations in your body.
3. *Notice what you hear:* **Open your awareness to hear everything that is happening in the world around you.** Can you sense the experience of sound in your eardrums, on your skin, or the back of your neck? Name the sound (plane, bird, fly) if it helps you resist "thinking" about the sound.
4. **Notice all your senses and broaden your awareness to include thoughts, emotions, and felt sensations.** *What do you hear, taste, smell, and see?* Do these trigger thoughts, emotions, or felt sensations?
5. **The Ebb and Flow of your attention.** While going through this process, *the moment you notice you are in the story*, you are having a conversation in your head, or are thinking (rather than experiencing), **gently move your focused attention back to awareness of emotions, felt sensations, sounds, and sights.** The rhythm of mindfulness is this ebb and flow from thinking to focused attention, thinking to focused attention.

Mindfulness teachers often say mindfulness is, "simple but not easy." Remember, it's a practice. The pathway to clearing the fog is simple if you let go of the idea of being perfect. The more you practice, the stronger you become, and with every mindful look, you will see the world with more clarity, understanding, and eventually peace.

### 3 Simple 5-Minute Mindful Practices



Find a comfortable place where you can relax and be still. Set your phone timer for 5 minutes. Remember the end goal is not to empty your brain of thoughts but to notice and direct your thoughts to the focus of your mindful practice.

#### Senses Practice

- Set Timer for 5 minutes
- Take two deep breaths
- Check-in with each of your senses:
  - What do I see (even if eyes are closed)
  - hear...taste...touch...smell...
  - Am I hot or cold?
  - Do I notice any place in my body that is holding tension?
  - Do I notice any emotions?
  - What am I thinking about? (simply observe the thoughts and move on...resist the desire to dive into the story or get lost in thinking)
- Repeat

#### 4 x 4 Breath Practice

- Set Timer for 5 minutes
- Inhale to the count of 4
  - 1..2...3..4...
- Exhale to the count of 4
  - 1...2...3...4...
- Repeat
- If you lose focus on your count and begin thinking, notice the thought and move back to counting your breath.

#### Counting Breath Practice

- Set Timer for 5 Minutes
- Take a deep breath in...Exhale and count 1.
- Take a deep breath in... Exhale and count 2.
- In... Out... Count... If you lose count, start over.