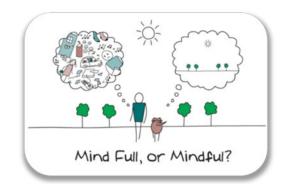


July 2023 - Mindfulness Challenge

Mindfulness is about reducing stress and resetting your thoughts. You can meditate anywhere, with eyes open or closed, and it is different for everyone. You can bring a spiritual aspect by praying if that is something you do, think about things that make you happy, or simply just be. There are free YouTube videos for meditation, mindfulness, and guided imagery. To begin, sit comfortably and set a timer for how long you wish to meditate.

Name:		
Department:		



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Close your eyes and take 5 slow deep breaths
2	3	4	5	6	7	8
Close your eyes and take 5 slow deep breaths	Close your eyes and take 10 slow deep breaths	Close your eyes and take 10 slow deep breaths	Close your eyes and take 10 slow deep breaths	Meditate for 1 minute	Meditate for 1 minute & 30 seconds	Meditate for 2 minutes
9	10	11	12	13	14	15
Meditate for 2 minutes	Meditate for 2 minutes & 30 seconds	Meditate for 3 minutes	Meditate for 3 minutes	Meditate for 3 minutes	Meditate for 3 minutes and 30 seconds	Mediate for 4 minutes
16	17	18	19	20	21	22
Meditate for 3 minutes and 30 seconds	Meditate for 5 minutes	Meditate for 5 minutes	Meditate for 5 minutes	Meditate for 5 minutes and 30 seconds	Meditate for 6 minutes	Meditate for 6 minutes & 30 seconds
23	24	25	26	27	28	29
Meditate for 7 minutes	Meditate for 7 minutes and 30 seconds	Meditate for 8 minutes	Meditate for 8 minutes and 30 seconds	Meditate for 9 minutes	Meditate for 9 minutes & 30 seconds	Meditate for 10 minutes
30	31					
Meditate for 10 minutes	Meditate for 10 minutes					

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Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by August 10th.