

## 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
						<b>1</b> Close your eyes and take 5 slow deep breaths
<b>2</b> Close your eyes and take 5 slow deep breaths	<b>3</b> Close your eyes and take 10 slow deep breaths	<b>4</b> Close your eyes and take 10 slow deep breaths	<b>5</b> Close your eyes and take 10 slow deep breaths	<b>6</b> Meditate for 1 minute	<b>7</b> Meditate for 1 minute & 30 seconds	<b>8</b> Meditate for 2 minutes
<b>9</b> Meditate for 2 minutes	<b>10</b> Meditate for 2 minutes & 30 seconds	<b>11</b> Meditate for 3 minutes	<b>12</b> Meditate for 3 minutes	<b>13</b> Meditate for 3 minutes	<b>14</b> Meditate for 3 minutes and 30 seconds	<b>15</b> Meditate for 4 minutes
<b>16</b> Meditate for 3 minutes and 30 seconds	<b>17</b> Meditate for 5 minutes	<b>18</b> Meditate for 5 minutes	<b>19</b> Meditate for 5 minutes	<b>20</b> Meditate for 5 minutes and 30 seconds	<b>21</b> Meditate for 6 minutes	<b>22</b> Meditate for 6 minutes & 30 seconds
<b>23</b> Meditate for 7 minutes	<b>24</b> Meditate for 7 minutes and 30 seconds	<b>25</b> Meditate for 8 minutes	<b>26</b> Meditate for 8 minutes and 30 seconds	<b>27</b> Meditate for 9 minutes	<b>28</b> Meditate for 9 minutes & 30 seconds	<b>29</b> Meditate for 10 minutes
<b>30</b> Meditate for 10 minutes	<b>31</b> 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.