

July 2025

Mindful Minutes Challenge

Life can be stressful!

In the 2024 Community Health Assessment Survey, more Jackson County residents reported their typical day felt very or extremely stressful when compared to 2021 results. Becoming mindful, or aware, of how your body is feeling and responding during these stressful times as well as awareness of your surrounding is called mindfulness. There are many techniques and methods that can be used to increase mindfulness, some include:

Grounding- using your 5 senses to identify **5** things you can see, **4** things you can touch, **3** things you can hear, **2** things you can smell, **1** thing you can taste

Meditation- taking quiet time to reflect on your body and feelings

This month log the number of mindful minutes you're able to complete each day.

Grounding handout is available as well as apps like "Headspace" and "Calm" for more information.

Name _____ Department _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **August 8th**.

