

# My Daily Mindful Moments

Mindfulness can help us to feel calm, relaxed and content. It is all about paying attention to the present moment. It can help to settle our busy minds and racing thoughts, especially when we are feeling stressed, worried or anxious.

Mindfulness can also help us to appreciate ourselves and the world around us.

Making time each day to have a mindful moment can help our minds to feel and stay well.

Use this calendar to take a mindful moment each day of the month to help you look after your mental health.

1: Breathe in for three seconds and out for five seconds. Repeat this three times. Really notice your breath.

2: Look up at the sky. Take time to really notice what it is like.

3: Take a pencil for a walk on a piece of paper. Let it go wherever it likes.

4: Think of three things that make you special. Notice how it feels.

5: Blow up an imaginary balloon - deep breath in and slow breath out. Really feel your breath.

6: Look around the space you are in. Slowly, name each thing you see. Notice how it feels.

7: Focus on the sounds you can hear - describe them in your mind.

8: Think of three things that make you feel happy. Notice how it feels.

9: Smell your snack. Describe what you smell.

10: Starting at your toes, notice how each part of your body feels until you reach your head.

11: Make a creation of your choice. Really notice and appreciate it.

12: Think of three things you are grateful for. Notice how it feels.

13: Listen to a piece of music which relaxes you and notice how you feel.

14: Think of three things you love about yourself. Notice how it feels.

15: Eat your lunch and notice how it feels in your mouth.

16: Go on a mindful walk, really noticing what you see, hear and feel.

17: Create a colour pattern to show how you are feeling.

18: Tense all the muscles in your body, hold the squeeze for three seconds. Then, flop and relax your muscles for five seconds. Repeat.

19: When you have a drink, really notice how it feels. Repeat.

20: Look closely at your snack. Describe what you see.

21: Think of three things you are looking forward to today. Notice how it feels.

22: Feel the breeze on your face. Really notice how it feels.

23: Touch something soft and really notice how it feels.

24: Colour in a picture mindfully - really noticing the colours and shapes.

25: Learn something new about an animal of your choice. How does it feel?

26: Share kindness with someone else. Notice how it feels.

27: As you walk, run or play, really notice how your body feels.

28: Chat with a friend - really notice what they are saying with their words and body.

29: Trace your finger in a pattern on a flat surface. Notice how it feels.

30: Sit quietly for one minute. Focus on your breath and let your mind and body settle.

31: Take a mindful moment in any way you choose.

Well done for making time to be  
mindful each day this month!  
How do you feel?

