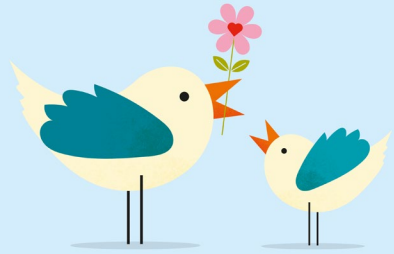




# One month of mindfulness



Mindfulness is about being aware of the moment, yourself and your surroundings. Practising it regularly can give your wellbeing a big boost. So why not try being mindful in a small way every day for a month? Here are some ideas. Visit [Healthy Me](#) for more inspiration.



**1** Start your month with **kindness**. Think well of yourself and others.

**2** Find some quiet time to sit and be still by yourself.

**3** Head out on a **mindful walk** in your lunch break.

**4** Turn routine into a mindful moment. It could be while **cleaning your teeth** or washing up.

**5** Draw, **colour in** or **be creative**. Art can help you de-stress.

**6** Use technology to be mindful. Download a mindfulness or journal app.

**7** Try going a different way to work, to break up the routine.

**8** Go for a run or exercise without music, and concentrate your attention on your body.

**9** Enjoy **mindful eating**. Savour your favourite meal.

**10** Write down two things you are grateful for.

**11** How about a **digital detox**? Take a phone break!

**12** Rest your elbows on a window ledge and take five minutes to watch the world go by.

**13** Be **mindful at work**. Encourage open conversations with colleagues.

**14** Catch up on life admin: but purposefully and mindfully to feel happier.

**15** Have a **soak in the bath** to help clear your mind.

**16** Watch a **relaxing movie**, completely immersing yourself in the film and the experience.

**17** Try **mindful meditation**. Stop and observe your thoughts and sensations.

**18** Spend a minute practising self-awareness. Acknowledge your feelings.

**19** Help yourself **sleep** by taking time to wind down before bed.

**20** Spend a few moments concentrating on the feeling of your feet on the ground.

**21** Start building **three minutes of mindfulness** into your daily routine.

**22** Concentrate on your breathing. Try starting with 10 breaths, counting each one.

**23** **Declutter** your desk or workstation at home.

**24** Do you have **children** or a young relative? Spend and savour some time with them.

**25** Set reminders to **regularly** stand up, stretch your legs and refocus.

**26** Use mindfulness to **focus** on what's most important to you right now.

**27** Notice the beauty of nature on your daily walk or run.

**28** Take a full lunch break and **stay stress free** at work. Aim to do this every day.

**29** Remind yourself that thoughts are not facts. What's actually happening around you?

**30** Experiment with your morning routine, to start your day in a positive way.

**31** Listen to a mindfulness **podcast**, like the ones produced by Bupa.

