

Be Mindful Challenge

Choose how you want to become more present and aware in the moment

The goal of mindfulness is to train your mind to observe your thoughts and feelings without judgment or criticism. There are endless ways you can do this – and the list below identifies just some ways you can start to earn your 200 mindful minutes.

Mindful of You:

- Color in a coloring book
- Write in a journal
- Schedule time in your day to meditate
- Eat a meal while doing nothing else (hint: put your phone away)
- Take a laughter recess
- Take a hot bath
- Enjoy a cup of hot tea
- List 5 things you are grateful for today
- Stop for a music break
- Listen to calm music (bonus for closing your eyes!)
- Learn a new craft like knitting or crochet
- Write a poem

Mindful of Your Surroundings:

- Drive to work in silence – no music or podcasts!
- Make the bedroom an electronic-free zone
- Clean your desk

Mindful of Others:

- Send a loved one a handwritten note
- Show appreciation

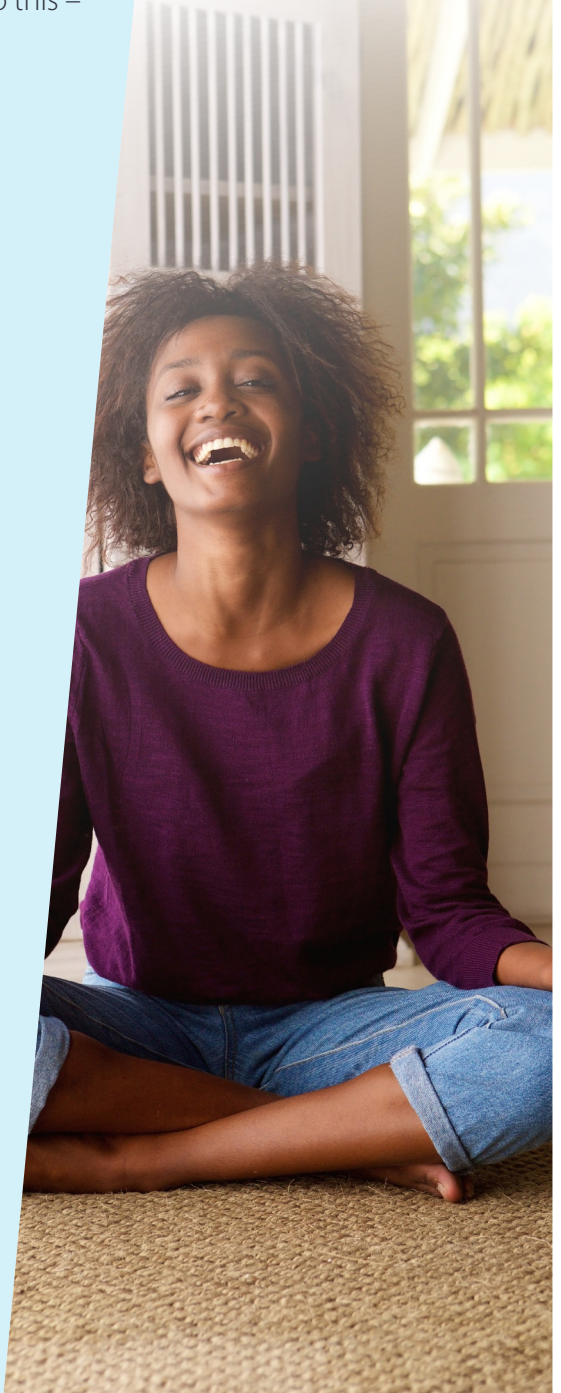
Mindful of Your Health:

- Go for a walk outside
- Take a yoga class
- Make a healthy treat

For more information, log in to the *well-being* pages (formerly known as My Healthy Spirit) on InsideCHI.

well-being

Formerly known as **Healthy Spirit**



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