

July 2024 - 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
	1 Close your eyes and take 5 slow deep breaths	2 Close your eyes and take 5 slow deep breaths	3 Close your eyes and take 10 slow deep breaths	4 Close your eyes and take 10 slow deep breaths	5 Close your eyes and take 10 slow deep breaths	6 Meditate for 1 minute
7 Meditate for 1 minute & 30 seconds	8 Meditate for 2 minutes	9 Meditate for 2 minutes	10 Meditate for 2 minutes & 30 seconds	11 Meditate for 3 minutes	12 Meditate for 3 minutes	13 Meditate for 3 minutes
14 Meditate for 3 minutes and 30 seconds	15 Meditate for 4 minutes	16 Meditate for 3 minutes and 30 seconds	17 Meditate for 5 minutes	18 Meditate for 5 minutes	19 Meditate for 5 minutes	20 Meditate for 5 minutes and 30 seconds
21 Meditate for 6 minutes	22 Meditate for 6 minutes & 30 seconds	23 Meditate for 7 minutes	24 Meditate for 7 minutes and 30 seconds	25 Meditate for 8 minutes	26 Meditate for 8 minutes and 30 seconds	27 Meditate for 9 minutes
28 Meditate for 9 minutes & 30 seconds	29 Meditate for 10 minutes	30 Meditate for 10 minutes	31 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 9th.