



15-Day MINDFULNESS Challenge

1.

Start your day with 5 minutes of deep breathing, stretching/yoga, or meditation.

2.

Identify one thing you are grateful for today.



3.

Practice 'box breathing' – inhale for 4, hold for 4, exhale for 4, hold for 4.

4.

Make an EAP appointment! <https://iii-a.org/find-a-provider/>

Password: IIIABenefits2011

5.

Take a break today to move!



6.

Share with your household members they have 10 EAP sessions, per issue, per year at NO COST.

7.

Find a reason to laugh!



8.

De-clutter your desk or a space in your house.



9.

Give yourself 3 compliments.



10.

Take 10 DEEP breaths. When thoughts or concerns come to mind, accept them, return your focus to your breath.

11.

Turn off your phone for two hours.



12.

Begin your day with a body scan. Scan for pain, tension, or anything out of the ordinary.

13.

Sit in silence for at least 10 minutes. Observe your thoughts. Don't judge them!



14.

Take a walk in nature. Look around you. Use all your senses.

15.

Sign up AND attend today's Wellness Wednesday on Suicide Prevention and Intervention (12pm PST/1pm MT)

Check the box after you complete the daily activity!

Directions: Focus daily on ways to be mindful and increase calmness, focus, and gratitude.

Prizes: All participants will be entered into a drawing and 5 winners will receive a \$25 Visa gift card.

To Win: Turn in a copy of the completed tracking to wellness@iii-a.org by Monday, May 20th.

Name: _____ Agency: _____

Email: _____ Completed Mindful Moments: _____