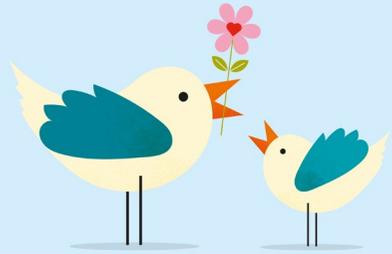




One month of mindfulness

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. Click on the links to read related Bupa blogs.



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 **Commuting?** 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 Go for a **swim** to help clear your mind.

16 Enjoy a **mindful cinema** visit, 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** at work.

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

25 Set reminders at work to regularly get up from your desk, stretch your legs and refocus.

26 Use mindfulness at work to **be a leader** and focus.

27 Notice the beauty of nature on your way to work or while out and about.

28 Take a full lunch break and **stay stress free** at work.

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** on your way to work, like the ones produced by Bupa.

