Take our 4 Week Tune Into YOU Mindfulness Challenge to help you alleviate stress, manage anxiety, and improve your mental wellbeing.
Complete the activities below each day or feel free to replace it with one of your own.

Write the date and place an “X” in the box for each of the calendar days once an activity has been completed.

Name:     Contact Number:     Email:

| **SUNDAY** | **monDAY** | **tueSDAY** | **wedNESDAY** | **thuRSDAY** | **friDAY** | **satURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
| Date:      [ ]  Organize/declutter your desk or workspace | Date:      [ ] Body scan Meditation  | Date:      [ ] Eat a meal without distractions (no phone, tv, conversation, etc.)  | Date:      [ ] No screen time 2 hours before bed  | Date:      [ ] Go for a walk  | Date:      [ ] Do a self-care activity (face mask, meditation, bubble bath, etc.)  | Date:      [ ] Do something kind for someone you don’t know  |
| Date:      [ ] Clean out and organize a junk drawer  | Date:      [ ] Loving-kindness meditation  | Date:      [ ] Take a piece of chocolate and let it melt in your mouth  | Date:      [ ] Unfollow negative social media | Date:      [ ] Notice 2 new things on your way to somewhere you usually go | Date:      [ ] Dance like nobody is watching | Date:      [ ] Handwrite 3 things you’re grateful for today |
| Date:      [ ] Clean your closet and find clothes to donate | Date:      [ ] Resting awareness meditation | Date:      [ ] Find 3 foods that bring you joy when you eat them | Date:      [ ] Read a book or physical newspaper | Date:      [ ] Spend at least 20 minutes outside | Date:      [ ] Do something that makes you happy! | Date:      [ ] Give 3 people compliments |
| Date:      [ ] Organize and clean any area of your choosing | Date:      [ ] 4-4-4-4 meditation | Date:      [ ] Take at least 20 minutes to savor your meal | Date:      [ ] Stay off of social media for 3 hours | Date:      [ ] Explore a new park or area of nature you have never been to | Date:      [ ] Paint a picture, start a puzzle or play an instrument | Date:      [ ] Write athank you letter |