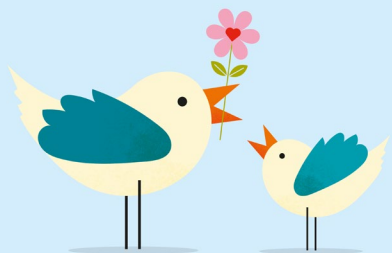




One month of mindfulness

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. Visit [Healthy Me](#) for more inspiration.



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 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 Have a **soak in the bath** to help clear your mind.

16 Watch a **relaxing movie**, 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 or workstation at home.

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

25 Set reminders to **regularly** stand up, stretch your legs and refocus.

26 Use mindfulness to **focus** on what's most important to you right now.

27 Notice the beauty of nature on your daily walk or run.

28 Take a full lunch break and **stay stress free** at work. Aim to do this every day.

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**, like the ones produced by Bupa.

