

Guidelines for a Mindful Day

MORNING

- Rise early--Early risers tend to be more calm & productive throughout the day. Observe the temptation to spring out of bed and begin the rush of the morning To-Do's.
- Avoid technology for 30 mins-1 hour after rising
- Stretch, move, and breathe! 10-60 mins of mindful movement--Self-practice or a community or private class.
- Awaken your bodily systems with a warm beverage. *Warm water with lemon is a great option!
- Mindfully prepare and enjoy a healthy breakfast. *Pay attention to every sensory aspect of your breakfast (sight, smell, taste, texture, etc.) with each, slow, mindful, bite.
- Proceed (mindfully) with remaining morning routine tasks! *Experiment with being fully present for at least ONE of your morning tasks, ie. Showering or brushing your teeth.

THROUGHOUT THE DAY

- Take movement breaks. Take a short walk. Stretch. Do a few Sun Breaths or Sun Salutations.
- Be mindful of your breathing! Check in with your breath throughout the day and try to incorporate moments of mindful breathing. *Use one of the suggested apps or guided exercises or pause for at least 10 deep, belly breaths!

THROUGHOUT THE DAY CONTINUED

- Be mindful of where and with whom you are spending your energy
- Set boundaries where needed. Know your limits, and don't be afraid to say "No" when you feel your To-Do list piling up
- Try to have some fun & laughs throughout the day
- Make time for lunch, away from the computer, and engage in your choice of a self-care activity to let go of the morning and prepare for the second half of the day!

EVENING

- Take some down time, where possible. Even if only for 5-10 minutes! Every minute of stillness helps!
- Mindfully prepare and enjoy a healthy meal for dinner.
- Connect! Spend time with family, friends, partners and/or pets!
- Take a walk. In nature, if it's accessible to you!
- Avoid all screens/technology for 1 hour before bedtime
- Express gratitude for the day. Including any lessons, hardships or chaos that may have come your way!
- Aim for 7-8 hours of sleep