

A month of mindfulness **May** 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Each day in May, practice the daily activity. Sunday's activities can be put into action each day of that week.			You are invited to join Mindful Mondays each week 2:00-2:20pm. Email ISU-EmployeeWellness@indstate.edu for the private video link.			1 Journal for 10 minutes about the month ahead
2 Go tech free at meals this week	3 2:00pm Mindful Monday	4 Set an alarm to stand and stretch every hour	5 Hit pause on negative self-talk today	6 Drink only water today	7 Practice a random act of kindness	8 Read a book
9 Create a wind-down routine for evenings this week	10 2:00pm Mindful Monday	11 Try a new workout	12 List 2 things you want to accomplish tomorrow	13 Add a new vegetable to your lunch or dinner	14 Make plans with a friend	15 Listen to a podcast
16 Plan your lunches for work this week	17 2:00pm Mindful Monday	18 Go for a 20 min walk	19 Record 3 positive things that happened today	20 Make a healthy breakfast	21 Get outside during your workday	22 Create a playlist or listen to music
23 Set your alarm 15 min earlier this week	24 2:00pm Mindful Monday	25 Do a 20 min strength workout	26 Try a 10 min. meditation with an app or guided video	27 Make a meal from scratch	28 Call a friend or family member	29 Organize one space in your home
30 Set mindfulness goals for June.	31 <i>Memorial Day</i> Write a thank you note				Share your progress and feedback with me at ISU-EmployeeWellness@indstate.edu	



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