

10 Day Mindfulness Challenge



What is Mindfulness?

We all lead busy lives and some of us are on autopilot, and we don't realize it. Mindfulness allows us to pay attention to the present moment without judgement. Practicing mindfulness can increase positive emotions, reduce anxiety and stress. Mindfulness takes practice and the benefits of a happier and healthier life are worth it! So let's get started with a quick 10 day mindfulness challenge!

****Be prepared to dedicate 15-20 mins a day to complete each activity****



Day 1

Connect with Nature

Take a walk in a park or sit outside and look around and observe the trees, bushes, and flowers. While doing this exercise try to become more connected to all the nature existing around you.

Day 2

Mindfulness breathing

Find a relaxed and comfortable position and tune into your breath. Your mind might wander but stay focused and continue to inhale and exhale. Click [here](#) for a quick mindfulness breathing exercise. Repeat 3x's.

Day 3

Move your body

Get up and move! There are many ways to get up and get moving. Try walking, jogging, or dancing. Use the movement and sensations of your body to bring awareness to your present moment.

Day 4

Gratitude

Create a list of things/people you are grateful for and post it in a common area so you can refer to the list daily. Expressing gratitude will help you feel positive emotions and celebrate the present, this allows us to appreciate the people and things around us.

Day 5

Mindful listening

Pick a song you never heard before. Put your headphones on and close your eyes. Do not focus on judging the music but allow the music to take you on a journey. The point of the exercise is to open your ears to sounds in a non-judgmental way.

Day 6

Watch a Sunset or Sunrise

Take the time to watch the sunset or sunrise. The sunset is a great reminder that each day offers new endings and new beginnings. Enjoy the colors and leave all your worries out of this special moment.

Day 7

5 senses exercise

This exercise will quickly ground you in the present. The goal is to notice something you are experiencing through each of your senses.

-What are 5 things you can see ? (Look around you and try to pick out something you don't usually notice)

-What are 4 things you can feel? (Bring attention to the things you are feeling, like the texture of the clothing or surface you are resting your hands on. Pick up an object and notice its texture.

-What are 3 things you can hear? Listen for things in the background that you don't normally notice. It could be birds chirping, a running fan, or cars on the street.

-What are 2 things you can smell? Bring your attention to scents that are pleasant or unpleasant.

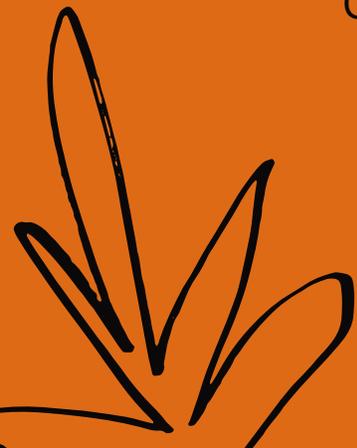
-What is 1 thing you can taste? Take a sip of your favorite drink, chew a piece of gum, and notice the taste in your mouth.

Day 8

Mindful Meditation

Mindful meditation will help you slow down racing thoughts, let go of negative feelings, and calm your mind and body. Find a quiet place and get comfortable.

Click [here](#) for a 10 minute mindful meditation.



you are
enough

Day 9

Set intention for the day

We can change our lives through awareness and intention. Setting intentions allows us to bring awareness to our thoughts and actions. Make a to-do list of 3 things you would like to get done for the day and follow through.

Day 10

Mindful journaling

Mindful journaling will provide you with a space to fully express your feelings and emotions about yourself. We are in an electronic world, putting your thoughts down on paper will help bring you into the present. Take 10 mins to journal about what's on your mind.

YOU DID IT !

Take a moment to reflect on each exercise and identify which exercises you enjoyed the most. Add them to your mental tool box and refer to them when you are in need of some mindfulness.

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