

MINDFUL MONDAY

9 mindfulness exercises you can do in a minute or under.

- 1. YAWN AND STRETCH FOR 10 SECONDS EVERY HOUR.**
- 2. THREE HUGS, THREE BIG BREATHS EXERCISE.**
- 3. STROKE YOUR HANDS.**
- 4. MINDFULLY EAT A RAISIN.**
- 5. CLENCH YOUR FIST AND BREATHE INTO YOUR FINGERS.**
- 6. STOP.**
- 7. MINDFUL BREATHING FOR ONE MINUTE.**
- 8. LOVING-KINDNESS MEDITATION.**
- 9. AN ASPIRATION.**

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MONDAY

BENEFITS OF CREATIVE WRITING



- 1. BUILDING CONFIDENCE**
- 2. ARTISTIC SELF-EXPRESSION**
- 3. IMAGINATION BOOST**
- 4. THOUGHT CLARIFICATION**
- 5. BETTER UNDERSTANDING OF THE
MECHANICS OF READING & WRITING**
- 6. EMPATHY & COMMUNICATION SKILLS**
- 7. BETTER MENTAL, EMOTIONAL, & PHYSICAL HEALTH**

15 MINUTE EXERCISE:

GETTING STARTED

Describe what is outside your window. Tell a story from the point of view of one of the things you see.

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BENEFITS OF DOODLING

DOODLING

**the unconscious or unfocused drawings
made while otherwise preoccupied*

**A place of escape*

✿ PROMOTES DEEP THINKING & CONCENTRATION

✿ HELPS PROBLEM SOLVING SKILLS

✿ BETTER MEMORY RETENTION

15 MINUTE EXERCISE:

GETTING STARTED

Spend 5 minutes in
mindless doodling of
the following shapes

- Circles
- Stars
- Triangles

<https://thepetiteplanner.com/mindful-doodling/>

WHY YOU SHOULD PRACTICE

MINDFUL
MONDAY

ARE YOU **Worrying** about the past
or **Planning** for the future
while **Missing Out** on what's right in front of you?

Data shows that with regular mindfulness practices, people are

- * Sharper
- * More Focused
- * Better Able to tackle tasks with precision and poise

*In the **SparkPeople** article attached, you will learn 5 easy techniques to incorporate mindfulness practice in your daily routine.*

GETTING STARTED

Practice 1 exercise each day until you have tried all 5. If you would like, share with us how they made you feel.