

# 31 Days of Mindfulness

# MINDFUL MARCH

Sign up for daily email reminders (optional) and a chance to win a wellness basket at [bit.ly/cmumindfulmarch](https://bit.ly/cmumindfulmarch)

<b>1</b> Sign up for Headspace at <a href="https://www.headspace.com/cmustudents">www.headspace.com/cmustudents</a>	<b>2</b> Before going to sleep, write down 3 things you have really appreciated from the day	<b>3</b> Walk for 10 minutes without looking at your phone, focusing on your surroundings	<b>4</b> Start/End your Day with compassion (i.e. May I love and accept myself just as I am)	<b>5</b> Every time your phone vibrates or pings today, pause and take one breath before looking at it	<b>6</b> Brush your teeth with your non-dominant hand today to help encourage attention	<b>7</b> Declutter part of your house or office, helping the mind feel calmer and clearer
<b>8</b> Drink a mindful cup of tea or coffee, free from other distractions and focus on the taste and smell	<b>9</b> Move email and social media apps to the second page of your phone today	<b>10</b> Without forcing it, ask someone how they are and really listen to their reply	<b>11</b> Check out the Headspace Sleepcast before bed tonight	<b>12</b> Pause for 60 seconds and take a breath before eating your lunch	<b>13</b> Sit down and listen to a favorite song or piece of music today, while doing nothing else	<b>14</b> Before starting work, pause and take 5 mindful breaths
<b>15</b> Text a note of gratitude to someone that deserves it	<b>16</b> When ordering your food or coffee, smile and say thank you to the person behind the counter	<b>17</b> Turn off all notifications on your phone today	<b>18</b> Reset your posture each time you sit down, gently straightening the back	<b>19</b> Give heartfelt thanks to someone who has recently helped you in some way	<b>20</b> Eat one meal without any distractions	<b>21</b> Take one mindful breath before pressing send on any email, social media post, or text
<b>22</b> Commute without headphones or the radio and see how much more you notice	<b>23</b> Offer a random act of kindness, for no reason, without expectation of a thank you	<b>24</b> Get some exercise and focus on the physical sensations	<b>25</b> Take a 60 minute break from your phone; set a timer if you need to	<b>26</b> Eat a piece of food and allow yourself to savor the taste	<b>27</b> Write a letter to a friend. Free blank cards available in the Mindfulness Room	<b>28</b> Do something playful, whatever makes you smile or laugh
<b>29</b> Do something that makes your sleeping space feel more relaxing	<b>30</b> Say good morning to folks as you walk around	<b>31</b> Follow Headspace on Instagram to keep your mindful habits going		Wellbeing Resources 		