



Mindfully Motivated

- Stress is a leading cause of health problems and accounts for approximately 80% of doctor visits.
- It's important to listen to the signals your body is sending you. Don't just keep pushing through.
- Live intentionally. Connect. Don't just complete tasks and check off boxes.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Put your fork down between each bite. Take time to really taste your food	5	6 Take a few minutes to focus on your breathing – breaths coming into your body, breaths leaving your body.	7
8	9 Make eye contact with as many people as possible during the day. Give them a nod or a wave since they can't see us smile.	10	11 Change your routine. Walk a different route. Try a new fitness class or activity.	12	13 Pain in the body signals something is out of balance. Pay attention to the pain and make adjustments.	14
15	16 Write a personal note to a colleague, friend or family member. Journal. Write about your day, your dreams or your frustrations.	17	18 Purposefully take a deep breath and drop your shoulders before starting any new task.	19	20 Move away from your work area or from in front of the TV or computer for meals.	21
22	23 Before you walk in from outside, stop to look up. What do you see, hear, feel?	24	25 Stop periodically throughout the day. Inhale for a count of 4, hold for a count of 7, exhale for a count of 8.	26	27 Don't rely on medication to relieve pain. Stretch. Breathe. Use heat, cold, massage or therapeutic soaks.	28
29	30 Track how many hours you sit during the day. Get up and move at least once every hour.	31	1	2	3	4

EATWell

Eat mindfully. Chew your food 20-30 times before swallowing. Take time to savor the flavors and the experience.



MOVEWell

Sit quietly for 2 minutes. Take deep breaths. Be conscious of your body and how you feel. Accept any sensations or feelings and adjust.



LIVEWell

Live mindfully. Be aware. What is your stress number? 0=no stress, 10=full blown panic. Adjust -- keep it at 3-4.

