



## 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<br>Put your fork down between each bite. Take time to really taste your food                                       | 5        | 6<br>Take a few minutes to focus on your breathing – breaths coming into your body, breaths leaving your body.  | 7        |
| 8      | 9<br>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<br>Change your routine. Walk a different route. Try a new fitness class or activity.                              | 12       | 13<br>Pain in the body signals something is out of balance. Pay attention to the pain and make adjustments.     | 14       |
| 15     | 16<br>Write a personal note to a colleague, friend or family member. Journal. Write about your day, your dreams or your frustrations. | 17      | 18<br>Purposefully take a deep breath and drop your shoulders before starting any new task.                          | 19       | 20<br>Move away from your work area or from in front of the TV or computer for meals.                           | 21       |
| 22     | 23<br>Before you walk in from outside, stop to look up. What do you see, hear, feel?  | 24      | 25<br>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<br>Don't rely on medication to relieve pain. Stretch. Breathe. Use heat, cold, massage or therapeutic soaks. | 28       |
| 29     | 30<br>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.

