

Daily Mindfulness Schedule

Mindfulness is a practice that allows us to recognize things we are thinking and feeling, the physical sensations in our body, and the world around us. When we focus on the present, we are no longer worrying about our future or reflecting on our past, which can reduce symptoms of anxiety and depression; improve emotional awareness and cognitive functioning; enhance our ability to cope with stress; and bring us greater satisfaction with relationships.

Waking Up		
	Body Scan	Start with your toes and work your way up to your head. Try to notice the sensations in each part of your body.
Breakfast		
	Mindful Eating	Eat your meal slowly. Notice how the food looks and smells before tasting it. Hold the food in your mouth for 10 seconds, notice how it tastes and feels on your tongue.
Morning Break		
	Breathing Exercise	Spend 5 minutes to prepare for your day. Inhale into your belly, slowly, like you are filling up a balloon. Hold for a few seconds. Then exhale and let all of the air out. Repeat for 5 minutes.
Lunch		
	Mindful Eating	Eat your meal slowly. Notice how the food looks and smells before tasting it. Hold the food in your mouth for 10 seconds, notice how it tastes and feels on your tongue.
Mid-Day Break		
	Five Senses	This can be done when doing chores, taking a walk outside, or relaxing. Take a few moments to notice what you feel, see, hear, smell, and taste.
Dinner		
	Mindful Eating	Eat your meal slowly. Notice how the food looks and smells before tasting it. Hold the food in your mouth for 10 seconds, notice how it tastes and feels on your tongue.
Evening Break		
	Stretch	Get your mind off of the stressors of your day and bring your awareness to your body. Engage in gentle stretching while you take slow, deep breaths.
Bed Time		
	Progressive Muscle Relaxation	Lay down, close your eyes and engage your breath. Work on tightening (for 5 seconds) and releasing parts of your body. Start with your feet and move up to your face, tense and release.