30 days of mindfulness

Mindfulness is about being open to and deliberately paying attention to your thoughts and feelings in the present moment. Being mindful can help you see things more clearly, without judgment – the good and the bad – so you can recognize and work through difficult emotions in a healthy way.

There is no right or wrong way to practice mindfulness. Start today by trying this 30-day challenge to build mindfulness into each day.

For more Health and Wellness information and resources, see insite.ahs.ca/wellness

<table>
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<th>Step</th>
<th>Activity</th>
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<tr>
<td>1</td>
<td>Be intentional about making a meal the focus of your attention. Turn off your devices, leave your work station, and eat in a quiet, comfortable place. Eating mindfully, means paying attention to the eating experience with all of your senses and being aware of how you feel while eating without judging yourself. The focus is more about how to eat, and less on what to eat. This allows food to be fully enjoyed.</td>
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<td>2</td>
<td>Take a moment to reflect on how your work-life affects your personal relationships. Do you regularly take work home from the office or consistently complain about a co-worker? Be aware of when this happens and consider if it is affecting your personal relationships. Is there something that you can change?</td>
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<td>3</td>
<td>Be mindful today of the parts of your schedule you have control over. As you make commitments at work or at home, ensure you are allowing yourself enough time to get everything done while minimizing unnecessary stressors.</td>
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<td>4</td>
<td>Sometimes driving familiar routes feels like you are on autopilot. You may not even remember how you got from point A to B! Today, be intentional about checking in with your level of fatigue when you get in your car – are you too tired to drive? If so, seek out a safe alternative such as a taxi, public transit, friend or family member.</td>
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<td>5</td>
<td>When you have a conversation with a colleague today, be aware of the tone and body language you are conveying. Are there any changes you could make to deliver your message in a more respectful and effective way?</td>
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<td>6</td>
<td>Electronic devices are a constant in our lives. Today, notice when you use technology in the presence of others. Challenge yourself to not look at devices, such as your cell phone, when in conversation with someone. Be present in the moment and connect solely with that individual.</td>
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<td>7</td>
<td>As adults we sometimes lose our sense of curiosity. Being curious and opening up to new possibilities can help you learn and grow. Find an opportunity today when you can ask someone a “why?” question.</td>
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<td>8</td>
<td>Do you find your mind wandering when you are walking? Perhaps you are looking at your phone while walking down the street. Be present by focusing on the feeling of your feet on the ground and your surroundings while walking today. Not only will you be safer, but you may experience something new that you might have missed!</td>
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<td>9</td>
<td>When we are short on time, mealtimes can often be missed or skipped. No matter how busy life gets, it is important to slow down and make time for meals or snacks. Mealtimes can be a time to relax during a busy day and to be with others, even if it is for a short time each day. Be deliberate about making meals a priority by scheduling time to eat into your work day.</td>
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### Activity to your day.

1. **Dare to be a beginner today! Try learning something new or doing a new activity.**
   - Being mindful of when we are stuck in our ways can open us up to a world of possibilities and expand our perspective.

2. **Communicating remotely though email or text messages is a part of everyday life.**
   - As you write a message today, be intentional about your word choices and the tone that your communication carries.

3. **Today, pay attention to how you feel in an interaction with a colleague.**
   - Notice moment by moment how the conversation makes you feel. Is there anything you can change that would make the interaction more positive? If you already feel great about how it went, express it!

4. **Before going to sleep, take a moment and notice your sleep environment.**
   - Distractions like electronics or too much light can impact your sleep quality. Can you make any changes before going to sleep?

5. **We are all unique – respecting our differences is part of building a safe, healthy and inclusive work environment.**
   - Today, challenge yourself to be aware of your body language and response when you hear an opinion, preference or tradition that is different than your own.

6. **When you take a break at work, be aware of how you interact with others.**
   - Challenge yourself to take time to have a conversation with someone different than yourself. You may open yourself to a new perspective you hadn’t considered.

7. **When you wake up, do you feel rested? On average adults need 7-9 hours of sleep.**
   - Be intentional about allowing yourself enough time to get the rest you need.

8. **When you drive to your destination, or doing a new activity.**
   - Having a few extra moments when walking into your destination can give you time to clear your head while adding activity to your day.

9. **We are all busy! Today, be mindful of others’ time.**
   - Is there a meeting you have not prepared for that could be rescheduled? Perhaps you are not in the right state of mind to do an activity with a friend. Be intentional about being your best self in your relationships.

10. **Today, be kind to yourself. Notice when self-criticism starts to creep in – be aware of when you talk down to yourself and instead, put a positive spin on your thoughts.**

11. **The tradition of eating together helps us share more than just food.**
   - Today, be intentional about sharing a meal or snack with a co-worker. Mealtimes are one way for people to “check in”, share experiences, build healthy and supportive relationships and encourage a sense of belonging, culture and shared values.

12. **Today, take a moment to reflect on what is stealing your attention.**
   - Try making a list of your top five distractions and notice when you feel your attention stray.

13. **Today, be mindful of the words you choose today, specifically with regards to other individuals.**
   - Be aware of when you use stigmatizing words like “crazy” or “creepy” to describe people. Is there a more appropriate way to convey your message?

14. **Be aware of your response to stressful situations.**
   - Take note of when you start to feel symptoms of stress like a racing heart, sweating or tense muscles.
   - Instead of reacting to the situation, try to manage your stress using a technique like deep breathing.

15. **We each make decisions in our everyday work.**
   - When making a decision today, be intentional and consider how the wellbeing of our patients and their families may be impacted.

16. **In a moment of activity today (be it exercise or movement), pay attention to how you feel (e.g. your breath, heart rate, etc.). Creating this awareness can help you identify if something doesn’t feel right in the future.**

17. **Notice when situations cause you to feel stressed. Take a moment to be present and acknowledge your stress and think about why you are feeling this way.**

18. **When you start to feel tense muscles.**
   - Instead of reacting to the situation, try to manage your stress using a technique like deep breathing.

19. **Notice your initial reaction when someone asks you to commit to an event.**
   - Being aware of your feelings can help you understand when you might be overwhelmed. Don’t be afraid to say no – be intentional about not taking on more than you can handle.

20. **We don’t always recognize feelings of gratefulness as they happen.**
   - Notice your perspective you hadn’t considered.

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