



April's Daily Mindfulness Calendar

www.justpause.co.uk



1	Start your day with a 5-minute meditation.	2	Practice deep breathing for 10 minutes.	3	Write down three things you're grateful for.	4	Take a mindful walk, noticing each step.	5	Eat a meal mindfully, savouring each bite.	6	Do a body scan meditation.	7	Practice yoga for 15 minutes.
8	Listen to calming music without doing anything else.	9	Write in a journal about your feelings and thoughts.	10	Spend 10 minutes stretching and noticing how your body feels.	11	Practice a loving-kindness meditation.	12	Spend time in nature and observe the surroundings.	13	Do something kind for someone else.	14	Practice mindfulness while doing a routine task like washing dishes.
15	Take a digital detox for an hour.	16	Practice mindful listening in a conversation.	17	Notice and write down your thoughts without judgment.	18	Spend 5 minutes focusing on the sensation of your breath.	19	Practice a guided visualisation meditation.	20	Notice five beautiful things on your way to work or school.	21	Practice mindfulness while drinking a cup of tea or coffee.
22	Write a letter to yourself expressing self-compassion.	23	Practice a grounding exercise, like feeling your feet on the floor.	24	Spend time with a pet or a loved one without distractions.	25	Practice noticing and letting go of negative thoughts.	26	Do a creative activity mindfully, like painting or playing an instrument.	27	Practice mindfulness during a physical activity, like running or dancing.	28	Spend time mindfully observing a plant or a flower.
29	Practice a progressive muscle relaxation exercise.	30	Reflect on your month of mindfulness.	Notes:									