



MARCH MINDFUL MADNESS

THIS MARCH, EXPERIENCE MORE MINDFULNESS BY BEATING THE MADNESS AND COMPLETING THE BRACKET!

MINDFULNESS IS A PRACTICE OF AWARENESS AND BEING IN THE PRESENT MOMENT. CHOOSE A PAIR OF MINDFULNESS ACTIVITIES FROM THE BRACKET AND COMPLETE THE ONE YOU PREFER. ONCE YOU'VE FINISHED THE SELECTED ACTIVITY, ADVANCE IT TO THE NEXT ROUND. YOU MAY COMPLETE MORE THAN ONE ACTIVITY PER DAY. BY THE END OF MARCH, YOUR FAVORITE MINDFULNESS ACTIVITY WILL STAND AS THE CHAMPION!

- **5-min of Sunshine:** Sit by a window or go outside to experience 5-minutes of sun. Feel the warmth on your skin. Notice what is going on in nature around you.
- **Declutter/Organize a Small Space:** Choose a small area, such as a cabinet, desk, or car. Dedicate 10-minutes to removing unnecessary items and organizing it to be functional.
- **Align Health Mindful Breathing:** [ALIGN HEALTH YOUTUBE | https://youtu.be/3RjkNC6aTbk](https://youtu.be/3RjkNC6aTbk)
- **5-minute Visualization of Success:** Identify a specific goal or success you wish to achieve. Picture yourself accomplishing this.
- **30-min Bedtime Routine:** Dedicate 30 minutes to a calming routine, without electronics.
- **3 Deep Breaths:** Inhale slowly filling your lungs with air, pause for a moment, exhale slowly releasing the breath and allowing your body to relax.
- **Mindful Mealtime:** Be present during a mealtime. Notice the flavors, textures, smell, and taste of your food.
- **Connected Conversation:** Engage in a conversation without multi-tasking today. Make eye contact and be fully present.
- **10-Minute Gratitude Journaling:** Write down at least 3 things you are grateful for today. Be specific and reflect on why these things bring you gratitude. How does this gratitude overflow positively into other areas of your life?
- **Random Act of Kindness:** Perform a thoughtful and authentic gesture to brighten someone's day. Consider sharing a smile, giving a compliment, holding the door, leaving a thoughtful note, or buying someone's coffee.
- **Phone a Friend:** Call a friend or family member with an intentional question about their day and truly listen to their response. Rather than, "how are you?" consider "what is one thing that has excited you today?" or "how have you been feeling this week?"
- **Slow Down:** Make an effort to go about your day without rushing.
- **Align Health Progressive Muscle Relaxation (PMR):** [ALIGN HEALTH YOUTUBE | https://youtu.be/Ge2GXHoh4Aw](https://youtu.be/Ge2GXHoh4Aw)
- **5 Positive Affirmations:** Cultivate a positive mindset by identifying 5 positive mantras. Repeat these 5 times each.
- **Sound Awareness:** Whether inside or outside, take a moment to be quiet enough to notice at least 5 different sounds in your environment. Whether this is the sounds of birds chirping or the refrigerator running, tune into these sounds often gone unnoticed.
- **Savor a Mindful Drink:** Choose a favorite drink and mindfully enjoy it. Notice the taste, smell, temperature, touch, and experience.
- **Align Health 5-min Body Awareness Scan:** [ALIGN HEALTH YOUTUBE | https://youtu.be/Ritt2v1IFSU](https://youtu.be/Ritt2v1IFSU)
- **Phone-Free Time:** Aim to keep your phone out of your hand as much as possible. Notice what you might be missing in your world around you when looking at your phone.
- **3 Messages of Appreciation:** Send a text or write a note to send a message of appreciation to (3) people.
- **Stretch Break:** Take 2-3 minutes to stretch your body, noticing how the body feels and stretching to release any areas of tension.
- **5-min of Quiet Time:** Dedicate 5-minutes to uninterrupted quiet and notice your thoughts and feelings that arise, without judgement.
- **Play!** Set aside 15-minutes to invest your time in an activity that you truly look forward to. Be lighthearted, spontaneous, and let your guard down.
- **Try Something New:** Whether small or large (e.g., a new food, new hobby, new place), step outside your comfort zone and embrace curiosity.
- **15-min Mindful Movement:** Engage in a mindful movement activity you enjoy (e.g., gentle yoga, walk, stretch). Bring awareness to your body and mind, reconnecting and relaxing both physically and mentally.
- **Read an Align Health Blog Post:** Choose a blog post that sparks your interest at: <https://alignhealthgroup.com/blog> to learn more about health, wellness, and/or lifestyle!
- **Reflect on 3 Values:** Reflect on your core beliefs, thinking about what matters most to you. Identify (3) specific values that are most important to you.
- **5-minute Daily Reflection:** In the evening or before bed, reflect on your day by writing down what you did and the feelings/emotions you experienced.
- **Digital Detox:** Limit screen time today. Be present without digital distractions.
- **Mindful Music:** Listen to a favorite song!
- **Creative Activity:** Express creativity through an activity that sparks your imagination. Consider drawing, writing, or crafting. Allow yourself to be spontaneous and flow.
- **Set a Daily Intention:** Identify a goal or intention for the day. Call this to mind throughout your day to help you stay grounded and focused on what matters most.
- **My Own Mindfulness:** Come up with your own way to be mindful.

