



Monthly
Motivators

February 2024

More Mindfulness



GOAL:

Practice Mindfulness once a week!

Use the calendar to keep track and the mindfulness exercises to get started.

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

Ways to practice mindfulness:

- Do box breathing
- Perform a body scan
- Use the 4-7-8 breath
- Explore mindful eating
- Go on a walking meditation
- Try the 5-4-3-2-1 grounding exercise



Scan with your phone to check out our mindfulness tutorial videos.