



Mindfully Motivated

- Stress is the leading health risk indicator and accounts for 80% of primary care visits.
- Listen to the signals your body is sending you, don't just keep pushing through.
- Live intentionally. Connect. Don't just complete tasks and check off boxes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4 Track how many hours you sit during the day. Get up and MOVE at least once every hour.	5	6 Put your fork down between each bite. Take time to really taste your food.	7	8 Take a few minutes to just focus on your breath, breath coming in your body, breath leaving your body.	9
10	11 Make eye contact with as many people as possible during the day.	12	13 Change up your routine. Walk a different route. Try a new fitness class or activity.	14	15 Pain in the body signals something is out of balance. Pay attention. Make adjustments.	16
17	18 Write a personal note to a colleague, friend or family member. Journal. Write about your day, your dreams or your frustrations.	19	20 Before you walk in from outside, stop to look up...what do you see, hear, feel?	21	22 Move away from your work area or from in front of the TV or computer for meals.	23
24	25 Purposefully take a deep breath and drop your shoulders before starting any new task.	26	27 Practice relaxation. Take deep breaths as you relax your body. Start at your head and work down to your feet.	28	29	30
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EATWell

Eat mindfully. Chew your food 20-30 times before swallowing. Take time to savor the flavors and the experience.



MOVEWell

Sit quietly for 2 minutes. Take deep breaths. Be conscious of your body. Don't reject the emotions and sensations you feel. Accept them, and make adjustments.



LIVEWell

Live mindfully. Take a purposeful pause at least one time a day. STOP. Inhale for a count of 4, hold for a count of 7, exhale for a count of 8.

