

Mindful Monday

**How to make mindfulness part
of your daily routine**

The study of mindfulness has shifted from theory to practice, with research suggesting that focusing on the complete sensory experience of your surrounding environment — the sights, the sounds, the smells, the feelings — can help reduce stress and even manage pain. This eight-week package is designed to support the health-related goals of your organization, community, or workplace by introducing opportunities for your audience to practice mindfulness throughout their day.

Learning and practicing mindfulness is part of a larger Healthy Monday curriculum to lower stress, which also includes deep breathing exercises, physical activity, and shifting to a positive frame of mind. Incorporating these healthy habits at the start of the week is an opportunity for fresh start.

Why this Behavior is Important

Unchecked stress can affect an individual's body, mood, and behavior. The physical effects of stress can be serious, ranging from feeling agitated and overwhelmed to experiencing insomnia and a compromised immune system. Stress can also exacerbate existing conditions, making them worse or slowing the time to heal.

What is Included in this Package

The following package includes 8 visual assets and related links to content featuring a specific actionable practice designed to help your audience familiarize themselves with the variety of ways they can use Healthy Monday as a cue to start practicing mindfulness as part of their daily routine.

How to Use the Contents of this Package

Use this package to promote a DeStress Monday program in your organization, community, or workplace. The assets are intended to be shared through a variety of different communication channels: cut and paste the graphic and URL to use in digital messaging such as email, company website or social media channels or print out images for signage and bulletin boards and include URL for users to access additional information. We recommend using Monday as the day to send out these weekly cues because research shows individuals are more likely to adopt healthy habits towards the beginning of the week.

Week 1

MINDFUL MONDAY
Paying attention to the sensations of everyday experiences can help calm your mind.



SHOWERING Get lost in the sound and steam. Let the comforting pitter-patter of the water soothe your mind.

GETTING DRESSED Take in the textures and colors of your clothing. Pay attention to how they feel on your skin.

BED MAKING Notice how the sheets feel against your fingertips as you smooth out the wrinkles.



EATING Appreciate the aroma of your food, and savor the flavor and texture of each bite.

LISTENING Close your eyes and focus on the sounds around you. Pick a specific sound, and listen to it for a few minutes.

HAND-WASHING Be aware of the warm water between your fingers and the fragrance of the soap as you wash.

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Week 2

GET LOST IN THE SHOWER.
Take in the sound and steam. Let the comforting pitter-patter of the water soothe your mind.



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Week 3

STRIPES AND PLAIDS? MATCHING SOCKS?
There's more to mindful dressing. Notice the textures and colors of your clothing. See how they feel on your skin.



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Week 4

SMOOTH OUT YOUR MIND AS YOU SMOOTH OUT YOUR SHEETS.
Notice how the sheets feel against your fingertips as you smooth out the wrinkles.



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Week 5

FEED YOUR BRAIN WHILE YOU EAT.
Appreciate the aroma of your food, and revel in the flavor and texture of each bite.



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Week 6

USE YOUR EARS TO BE PRESENT.
Close your eyes and listen carefully. Focus on the sounds that let you hear where you are.



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Week 7

GIVE YOUR HANDS A SOOTHING BATH.
Feel the warm water run between your fingers and let the fragrance of the soap refresh your mind.



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Week 8

NOT GETTING ENOUGH SLEEP? TRY DEEP BREATHING AND COUNTING SHEEP.



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