

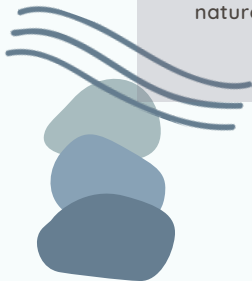


PLANNING FOR PEACE

2-Week Mindfulness Challenge: Start to incorporate self-care and mindfulness into your daily routines. Use this two-week challenge as a guide to create your own calendar.

2-Week Mindfulness Challenge

<i>the challenge begins!</i> Start a 5 minute daily meditation practice.	<i>day 2</i> Go for a 20-minute walk.	<i>day 3</i> Practice breathing exercises to increase stress tolerance.
<i>day 4</i> Add 5 minutes to your meditation practice.	<i>day 5</i> Take a yoga class or do 20 minutes of stretching at home.	<i>day 6</i> It's time to cuddle - a kid, a partner, or a pet works best.
<i>day 8</i> Add 5 minutes to your meditation practice.	<i>day 9</i> Gently massage your arms and shoulders to relax.	<i>half way!</i> You're doing great! Boost your mood with a dose of social engagement and connect with a friend today!
<i>day 10</i> Get moving. Run, jog, walk, or go for a bike ride.	<i>day 11</i> Sing! Sing out loud. Singing & humming soothe the soul.	
<i>day 12</i> Spend 20 minutes in nature today.	<i>day 13</i> Add 5 minutes to your meditation practice.	<i>you did it!</i> Turn on your favorite music and have a dance party to celebrate your new mindful self-care routines!





MINDFUL PLANNER

Planning Your Peace: What activities soothe your soul and restore your well-being? Make time to manage your stress!



SUNDAY:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

NOTE:
