

# 31 days of mindfulness

Welcome to a month of mindfulness

31 days of mindful activities to help bring awareness and calm to your daily life

Each day, we'll be suggesting a simple mindful action that you can take. Most of these won't take much additional time – as many will be inviting you to experiment with being mindful in an activity you're likely to be doing anyway. Most days, we'll also pose a few questions to help you reflect afterwards on what you learned or noticed.

[manchestermind.org](http://manchestermind.org)



**We hope that by slowing down and tuning IN to what's going on around you, you might find a greater sense of calm, and maybe even find a greater sense of wonder and joy in the every day.**

We'd love it if you could share how you found the exercises – either on social media or with us at Manchester Mind. Let us know what the impact was, whether it was easy or hard, and what you might have noticed or learned from trying the mindful activity.

There will be some seated or moving meditations in the mix and some which ask for slightly more of your time. You might like to move those to the weekend if that works better for you. If any of the suggestions don't feel right for you at this time, then feel free to skip them. We'd like you to make the challenge work for you, doing as many or as few as is right for your life at the moment.

At the end of the challenge, you might find you'd like to continue incorporating some mindful moments into your life, or even join a mindfulness course to deepen your knowledge and practice of mindful meditation. Overall, we hope the challenge will show you how mindfulness might be something that could enhance your life.

There will be lots of different suggestions over the month; some of which may feel easier

than others. Don't worry if you don't manage to do every single one. We know that people's lives are busy, but hopefully most of these suggestions will be simple and straightforward to try out. Hopefully, they'll be enjoyable as well. Ideally, we hope that over the month, you'll get an idea of how mindfulness can bring in a calm awareness and help increase your sense of wellbeing.

**Some of the activities will have a guided audio if you would prefer a voice to talk you through.**

## What is mindfulness

In this context, mindfulness is simply about paying attention – on purpose – to the present moment, with kindness and, as much as possible, without judgement. Mindfulness does not mean you have to have a blank or completely empty mind. It's more about becoming aware of the thoughts that may be present but not getting carried away with them. Ideally, you want to notice when you have drifted off, and are no longer aware of what you're doing. However, even with the intention to stay present, that may still happen from time to time. Minds like to think. Sometimes a lot! so don't worry if you find that happens to you several times during the exercises.

Of course, you are probably already present in many different ways throughout your day, but the sort of awareness we are cultivating during mindfulness is a very deliberate and a kind awareness. So, as best you can, we suggest you approach all the exercises with an open mind, and sense of curiosity, as well as kindness towards yourself and your experience. If you find it hard to stay focused or present, know that you probably won't be the only one. But by bringing your focus back to the activity again and again, you'll be training your mind in mindful awareness.

You don't have to meditate to be mindfully aware, but meditation is a very important aspect of mindfulness because generally, minds aren't very good at being present or aware, particularly for long periods of time. For this reason, we have included a few simple meditations over the month. These will be guided with an audio (or video). If it's not right for you to try meditating at this time, then feel free to skip them. We'd like you to make the challenge work for you, doing as many or as few as is right for your life at the moment.

## Day 1

### Pre-breakfast pause

Sometimes when we get up, we go straight ahead into the day without even noticing how we feel. So, today's mindful activity is just to take a minute and check in to see what's going on in your body.

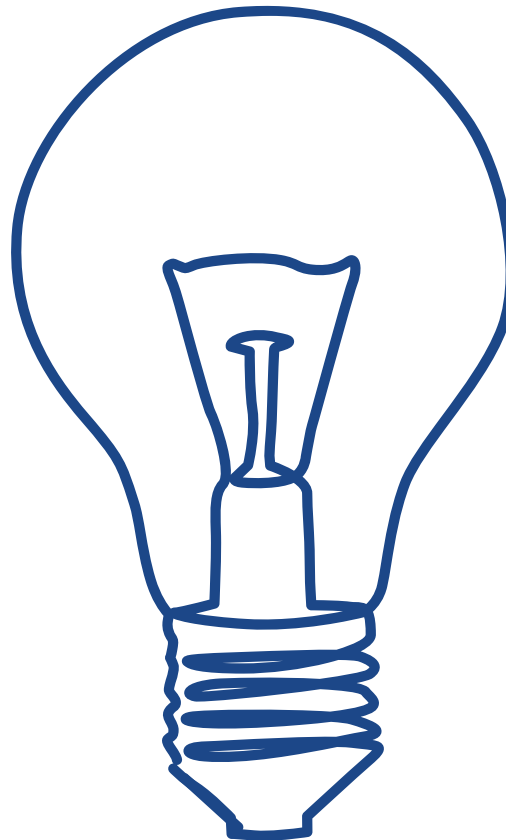
#### How to do it

Before you eat breakfast, take a pause. Perhaps set your phone for a minute's timer. Then, close your eyes and notice how your body feels this morning. Not how it felt when you got out of bed, but how it feels right now. Notice the weight of the body sat on the chair and pay some attention to individual parts of the body – the legs, arms, the bum resting on the chair. Don't worry if you notice some aches and pains, just notice what's going on. Can you notice any movement in the upper body as you breathe? Even in a minute, you might find your mind is telling you to hurry up and get on with it! Don't worry if that's the case. The mental task master sometimes doesn't like it when we stop for a breather! But a minute's pause won't make that much difference to your schedule and may help you feel a little calmer before you start your breakfast or morning drink.

=> If you'd like to be guided through this exercise, [click here](#).

## Reflection

- What was it like to pause before your breakfast and spend some time with your body?
- Did anything surprise you?
- Did your food taste any different?
- Did you eat it any faster – or slower?



## Day 2

### Smell the coffee!

It's easy to get lost in thought first thing in the morning, and before you know it you're at the bottom of your mug without even noticing the taste of your drink. Today, we're inviting you to slow down and give your morning drink some extra attention.

#### How to do it

Before you even start to drink, spend a moment inhaling the smell, noticing the temperature of the mug or cup against your hands. Take your time while drinking, savouring the taste and flavour of your drink. Notice how the liquid feels in the mouth, and once you've finished drinking, spend a moment or two noticing the after-taste.

## Reflection

- What did you notice?
- What is it like to spend some time savouring your drink?
- Is this different to how you normally drink your first drink of the day?



## Day 3

### Tune into what's around you

This can be done at any time during the day. Perhaps choose a time when you'd like to pause or take a break from the activities of the day.

#### How to do it

Set a timer for two minutes. Close your eyes and focus on the sounds you can hear, or the silence if there aren't any sounds around you. If you find yourself distracted – don't worry. As soon as you notice you've drifted off, simply bring your mind back to noticing the sounds that you can hear. Notice whether or not there are some sounds that seem more pleasant than others. Are there some you particularly dislike? Is it possible to just be curious about them rather than judging them?

=> If you'd prefer to do this with a guided meditation, [click here](#).

#### Reflection

- What did you notice?
- What was it like to spend time focusing on one of your senses?
- What did you notice about your mind?
- Was it very quiet focussing in on the sounds, or very busy, thinking about things you have to do?

Don't worry if it was very busy – that's quite normal. Even in two minutes, minds

sometimes have trouble focusing on one thing. Now, notice how you feel after this mini-meditation and what it was like to take a short break in the middle of the day.

## Day 4

### The power of touch

You can do this at any time of day, but perhaps at home when you are more likely to be able to find a fabric that is really pleasurable to touch or hold.

#### How to do it

Find a fabric that you like the feel of. Spend a few moments touching it, noticing how it feels against your bare skin. What do you notice in the body as you do this? Spend a few moments enjoying the sensory experience of this fabric. Perhaps tune in to any feelings of pleasure. Notice where you might feel them in the body. Perhaps you might like to notice the difference of feeling the fabric with the palms and back of the hands, and what the difference might be. You might like to brush the fabric against other parts of bare skin and see what you notice.

#### Reflection

- When was the last time you enjoyed the sensory pleasures of touch in this way?
- What was it like to do this?

(You can also do this exercise with a willing pet!)

## Day 5

### Have a mindful snack

Often when we eat during the day, we do so on 'autopilot' which means it's so automatic that we don't even notice the flavour or texture of our food. When we do this, food doesn't taste the same, and doesn't have the same pleasurable aspect to it. If we are so automatic, we might eat so quickly that we might finish our food with no awareness of what we've just consumed. This might not be the best thing for our eating habits or our digestion.

#### How to do it

Next time you have a snack, spend some time using all the senses to enjoy your food. Take a few moments to look at how your food looks – noticing shapes, textures, colours. Give yourself an extra moment to notice the smell (if there is one). What do you notice in your body when you smell and look at the food just before you eat? What do you notice while you're chewing? What sensations are present in the body as you eat? What do you notice about the flavour as you give the food all your attention?

#### Reflection

- Is this how you normally eat?
- If not, what did you notice about slowing down while eating? Did it change the experience in any way?
- Was it easy to do, or difficult?
- Could you adopt this approach with other meals?

## Day 6

### Take a breather

We can often throw ourselves into our daily activities without even thinking about how we are feeling or what's going on in our bodies. Instead of doing that today, we're inviting you to take a breather.

### How to do it

Before you open your emails (or do your first main task of the day), take five slow breaths with your eyes closed. Use the time to notice how the body feels as you slow and gently deepen your breaths. There's nothing so important that it can't wait for you to have a brief breather.

### Reflection

- What was it like to spend a few moments on your breath?
- What did you notice?
- Was your breath short and shallow, or long and deep?
- Did it change in any way as you slowed the breath down?
- Did it impact on your body in any way?
- How could you include this into your day?
- When would be a nice time for you to add in this breather?

## Day 7

### Practice gratitude

By the time we get to the end of the day, sometimes we are so exhausted we fall into bed without taking stock of the good or nice things that happened to us during the day. There's lots of research that says that practising gratitude can be a very helpful way to end the day, and can be helpful in balancing out the mind's natural tendencies towards negativity.

### How to do it

At the end of today, spend a few moments recalling what happened throughout the day and what you're grateful for or happy about. You can write them down in a list if you like. Notice how it feels in the body to dwell a little in positivity.

### Reflection

- How easy did you find this task?
- Did it change how you viewed your day in any way?



## Day 8

### Bring some active listening into your next conversation

Sometimes when we're talking with people, our minds can drift off, or we can be focusing more on what we want to say next instead of really listening to people. So today, we're going to invite you to try bringing some active listening into one of your conversations.

### How to do it

Instead of thinking about the next thing you're going to say, or letting your mind wander off, see what happens when you bring some curiosity to the conversation – and really listen! Pay attention to what this person is saying, notice not just the words they are using to communicate but their body language too.

### Reflection

- What was it like to listen more actively?
- Did you find it easy or hard?
- How did you show that you were listening more actively?
- What did it feel like to listen in this way?
- What did you notice?

## Day 9

### A minute of mindful breathing

Give this mini meditation a try today.

#### How to do it

Set a timer for a minute. See if you can watch your breath for a whole minute. No need to change your breath for this one. Your mind might get distracted with thoughts, but see if you can let them go and come back to watching your breath as it comes in and out of the body.

=> If you prefer to try this with some guidance, you can do that [here](#).

#### Reflection

- How did you find this meditation?
- Did a minute feel very short or very long?
- Was your mind busy or quiet?

Remember, that it is not a problem if the mind was busy – you didn't do anything wrong.

The breath meditation is an opportunity to bring the attention back to the breathing when you notice it's wandered. It's a kind of training for the brain.

## Day 10

### Put the phone away

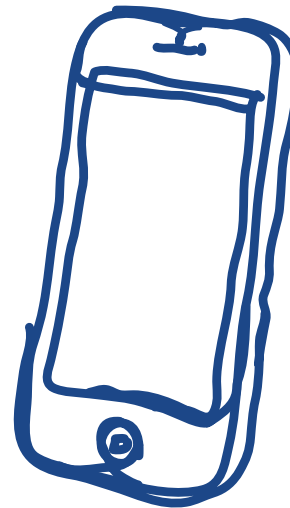
This is a very simple one. Next time you are meeting up with a friend or relative, make a commitment to put the phone away and give them your undivided attention.

#### Reflection

How did you find this task?

In today's society, we're often almost surgically attached to our phones.

- What was it like to put yours away?
- Did you notice yourself reaching for it?
- Did you notice any physical sensations that you noticed when this happened? Where?



## Day 11

### Walk a new route today

In our daily lives we often know our routes so well we could walk it with our eyes closed. In fact, sometimes we pay so little attention to our surroundings that we might as well have our eyes closed! Today, we're going to invite you to change your route up, and take a different one instead.

#### How to do it

Wherever you have to go today, see if you can walk a different route to normal. Notice your surroundings, and what it's like to step out and do something slightly differently. What sorts of sounds are around? What about smells? Can you slow your walk down and notice how it feels in the legs as you walk. What can you see around you? Even a short walk to the end of the road could be done differently – by alternating the side of the street that you walk on, or mixing it up, crossing the road at different points.

#### Reflection

- What is it like to step out of automatic on your walk?
- Did you notice anything surprising, different or new?

## Day 12

### Smell the roses

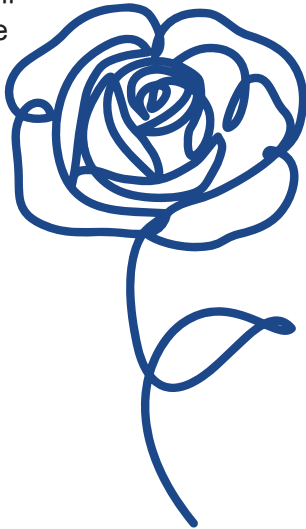
Smell can be a real sensory pleasure, but we don't always allow ourselves the time to really enjoy it. Today, we're inviting you to spend a bit longer with a nice smell or aroma.

### How to do it

Next time you notice a pleasant smell around you – whether it's from food, flowers, or something else, spend a few extra moments noticing how the smell makes you feel, what it reminds you of, and whether there are any pleasant sensations in the body. Spend a few extra moments absorbing that experience.

### Reflection

- What difference did it make to spend those extra moments with the smell?
- What kind of thoughts did you notice?



## Day 13

### Breathing space meditation

This meditation invites you to check-in to what's going on for you. You are invited to notice any bodily sensations, how you feel emotionally and notice what sorts of thoughts are around. You then are invited to focus on your breath to see if you can keep the attention on the movement of breath through the body.

=> Click [here](#) for the guided audio. It takes about five minutes.

### Reflection

What did you notice during the breathing space?

- How do you feel now compared to before?
- Are there times of the day when you think the breathing space might be useful?

## Day 14

### Don't do anything at all!

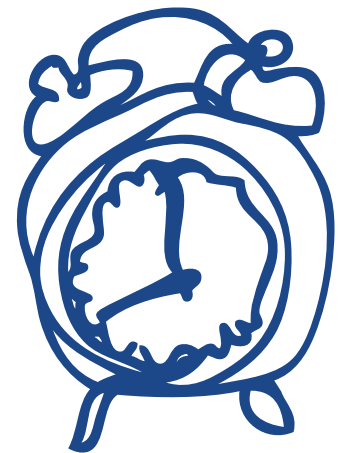
Sometimes we go through the whole day without really even stopping once! Here's an opportunity to just do nothing at all! No focus, no need to be extra mindful.

Just notice what it's like to stop!

### Do nothing for two minutes!

=> If you use the internet [go to](#) this website: [Do Nothing for Two Minutes](#).

Relax and listen to the waves!



## Day 15

### Taking in the good

Human beings are really good at noticing negative things. We have evolved to have negative bias – which means we pay more attention to, and find it easier to remember, negative events. There are ways to balance this out though, and today's activity is inviting you to spend a bit longer with a pleasant feeling in order to help the mind store it as a memory.

### How to do it

Next time something pleasant happens today, spend a few extra moments drinking in that experience. Notice what you can hear, see, smell and feel. Notice what you can feel in your physical body. Spend a few extra moments enjoying and absorbing the experience. It doesn't have to be a major life event – there hopefully will be plenty of minor pleasurable things happen during your every day that usually you don't even notice or you brush away as unimportant.

### Reflection

- What difference did it make to spend extra time being mindful to the experience?

## Day 16

### Use your senses to ground yourself

We often spend so much time in our heads that we forget that we have five senses. Today, we're going to invite you to use your senses as a way of grounding you to the present moment.

### How to do it

Spend a few minutes taking stock. What can you see around you? What can you hear? What can you smell, taste and touch? Give yourself a good two minutes to do this. Listen out for the sounds, and drinking in the smells. Perhaps touching something and noticing whether it is hard or soft, what its temperature is, and what the texture feels like.

=> If you'd like to be guided through, then click [here](#).

### Reflection

- When was the last time you brought all your senses into your experience?
- Are there any senses that you tend to favour?

## Day 17

### Do a body scan meditation

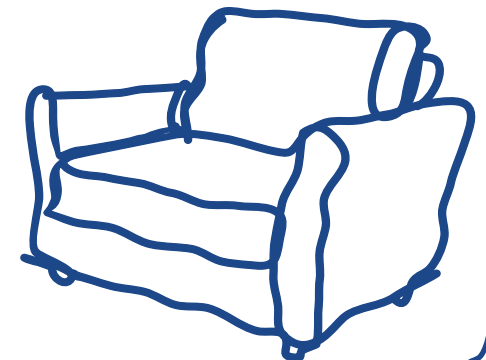
This twenty minute meditation is an opportunity to spend some time getting to know your body. Lie down on a mat or bed and let yourself be guided by the instructions on the meditation.

=> Click [here](#) for the body scan meditation audio.

### Reflection

- What was that like for you?
- Were there any surprises in your body?
- Were some parts of the body easier to notice than others?
- Did you have expectations that were (or weren't) met about this activity?

Don't worry if your mind was very busy or if you fell asleep. Lying down with your eyes closed for that amount of time can often make people sleepy. It's a skill to stay awake, keeping the mind focused – and takes practice.





## Day 18

### Develop your curiosity

Operating on automatic, focusing our minds on something else as we go through our daily life, means we can miss so much of what's around us. It means we can take for granted the objects that we surround ourselves with, or the nature that lives around us. Today we're going to ask you to develop your curiosity about something you look at every day.

#### How to do it

Pick an ordinary object that you see every day. Imagine you've never ever seen it, or anything like it before. What do you notice about its shape? Its texture? Is it rough or smooth? Spend at least a minute meditating on this object. Notice afterwards how you feel in body and mind.

#### Reflection

- What was it like to look at something with fresh eyes?
- Did it make you think any differently about it?

## Day 19

### Walking meditation

#### How to do it

Next time you're walking somewhere, see what happens when you bring some mindful awareness to your journey. Notice what muscles are activated when you start to walk. Connect with the feeling at the bottom of the feet as they move along the ground. What do you notice about the air temperature as you move? What can you hear, see or smell as you're walking? You don't have to do this for a long walk – you can even try it with a walk down the corridor at work, or around the house at home.

#### Reflection

- How is this different to your normal walking?
- Were you more focused on the movements, or did the mind want to take you away with lots of thoughts?
- What sorts of things did you notice that you might not have noticed otherwise?
- How did you feel afterwards?

⇒ If you would like to be guided through your walk, you could try this audio track for mindful walking meditation. Click [here](#).

## Day 20

### Celebrate success!

We're often very good at celebrating the success of others, but aren't always as good at doing the same for ourselves. Today we're going to invite you to praise yourself for something you recently did well, or feel proud or pleased about.

#### How to do it

Reflect on the last week (or longer if necessary) and bring to mind something you felt you did well, or felt proud or pleased about. Perhaps remembering the last time someone complimented you on something. See if you can stay with that good feeling for at least thirty seconds. Notice where you feel it in your body. Stay with any positive thoughts, but as much as possible focus on the feelings generated when you are able to praise yourself and recognise a job well done.

#### Reflection

- When was the last time you celebrated something in this way?
- Did you notice any resistance to doing this?

Perhaps you thought it was vain or arrogant to celebrate something. Don't worry if that was the case – we can often find it easier to celebrate others' achievements easier than our own. But if we can focus on some of the small positive things we do every day, it can make a difference to our feelings of wellbeing. And everyone deserves a bit of praise – even you.

## Day 21

### Mindful music

In modern life, there's often a soundtrack around, or we might have music on in the background but not really notice it. Today we're going to invite you to find some music you really enjoy and spend some time giving it your full attention.

### How to do it

Put some music on that usually makes you feel positive. Spend some time listening to it without doing any other activity. Notice what happens in your body as you listen – perhaps you might get an urge to move along with the music! Let yourself do whatever feels good.

### Reflection

- How was it to just listen to the song?
- Did it feel different to focus just on the music and nothing else?
- Did any memories come to mind with your song?
- Were there any particularly bodily sensations that you noticed?
- How do you feel now, afterwards?

## Day 22

### Connect

Think of someone you haven't seen or spoken to for some time. Spend a few moments thinking about them – what you like about them, how you feel when you're with them. Send them some good wishes – silently repeating "I wish you health, peace and happiness". You might feel inspired to contact them in real life too after this.

### Reflection

- How did it feel to think about this person?
- Was it tricky to bring them to mind?
- Did it inspire you to get in contact with them?
- Did thinking about them in this way make you feel more or less connected to them?



## Day 23

### Mindful eating

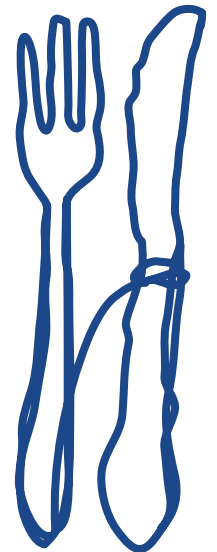
We've tried with a mindful snack, now we're going to try to be mindful with a whole meal.

### How to do it

Choose one meal today to be mindful in. Put your phone away and instead fully focus on everything about your meal – the different tastes and textures. What it's like when you slow down? The mind may well try and distract you and get you to do something else, but each time you notice you've got distracted, come back to the smell, taste, colours, texture of your food.

### Reflection

- How difficult was this for you?
- Do you usually just focus on your food or are you always eating on the go or while doing something else?
- Did it make a difference to focus just on your food on this way?



## Day 24

### Breath meditation

The breath is a really handy thing because it's always with us and can be a great anchor to bring us into the present moment. The breath meditation is a common one in mindfulness because it gives us something concrete to focus our attention on, and to bring our minds back to each time it wanders. We've done a few short breath exercises so far, but this one is a little longer.

### How to do it

=> Focus on the breath: to follow this guided ten minute breath meditation, click [here](#).

Don't worry about 'emptying' the mind, simply see if you can focus the attention on the breath and if the mind wanders – that's okay – bring the mind back to the breath once you notice that's happened.

### Reflection

- How did you find this meditation?
- Was it harder than the shorter meditation we did earlier in the month – perhaps it was easier?
- Did you notice any particular persistent thoughts?
- Was your mind very busy, or quite calm?

Remember that we're not trying to empty the mind of thoughts – but just to notice when we get distracted by them and they take them away from the focus on the breath.

## Day 25

### Change your posture

As we go through the day, particularly if we sit at a desk all day, our posture can really suffer. Today we're going to invite you to tune into your body and its posture.

### How to do it

Notice how you're sitting. Notice the shape and feel of your body as you're sat down. Notice what happens when you adjust your posture, straighten your back a little more, and let your sit-bones take the weight of the torso. Can you soften the shoulders and neck? What happens to your energy levels as you do this?

### Reflection

- How do you feel afterwards?
- Has it changed or shifted your mood or energy?
- What did you notice about your posture before and after the exercise?



## Day 26

### Be kind to yourself

Research is showing that being kind or compassionate to ourselves can be something that can really improve our sense of wellbeing.

### How to do it

If you find yourself struggling today, instead of beating yourself up about it send yourself some good wishes instead. Put a hand on your heart and say the following phrases in the same tone of voice that you would use with a wounded animal or a young child: Something like: "this feels really hard! It's okay that I'm struggling. Most people would struggle with this. What can I do to be kind to myself?" Notice what it's like to talk to yourself with a kind and caring voice.

### Reflection

- What was it like to be extra kind on yourself and to accept your difficulties?
- Is this how you would normally react when something is hard?
- Or do you usually talk to yourself with a harsher tone of voice?
- What might it be like to adopt this attitude each time you face a challenge or difficulty?

## Day 27

### Stretch the body

Even if we exercise regularly, we can neglect the body as we go through the day. So today we're going to do some gentle mindful movement. We suggest you try this in the afternoon – perhaps when you're starting to feel a bit sleepy.

### How to do it

Why not offer your body a little gentle stretching?

Follow this [video](#) and move mindfully.

Listen to your body and remember not to do anything that might hurt it. Notice how the stretches feel, and how your body feels afterwards.

### Reflection

- What was it like to do a bit of gentle stretching in the middle of the day?
- How did your body feel afterwards?
- How did you feel to do something short and simple?
- Was there a temptation to do something more vigorous or extreme?

## Day 28

### Connect with nature

Nature is all round us – whether we live in the country or not. Give yourself 10 minutes today to spend time outdoors and connecting with nature. It might be a short walk noticing the trees, flowers, foliage around you; even in the city, there is usually some greenery around. If the weather is really too bad to go out in, then you could try one of these relaxing visualisations instead:

=> For the Trip to the Beach audio, click [here](#).

=> For the Landscape Visualisation audio, click [here](#).

### Reflection

- What was it like to connect with nature today?
- How did it make you feel?



## Day 29

### Give the phone the boot:

See if you can spend one day digitally detoxing. If necessary, let people know that you won't be connecting, and spend the day without your phone or accessing social media. It might be challenging, so be prepared for that. If you do get urges to pick up the phone and connect, spend a bit of time noticing what it's like not to give in, notice where in the body you feel urges. What happens if you don't give in straight away? Do the urges subside? Notice how you feel at the end of the day of not connecting.

### Reflection:

- What was that like?
- How did you feel at the end of the day?
- Did you find other things to do with your time?
- Did anything surprise you?



## Day 30

### Body check in

We've done the body scan meditation already, but you don't always need a full twenty minutes to check in with the body. Here's a short check-in meditation to try out.

### How to do it

Spend a few moments today checking in with the body and how it feels. Start with the face and neck, and work your way down through the body, noticing your posture, any sensations that are present – temperature of different body parts, the feel of clothes against the skin, feel of the body against the chair, and the movement of the belly as you breathe. You could also follow this brief mindful body scan meditation if you prefer:

=> For a Five minute body scan click [here](#).

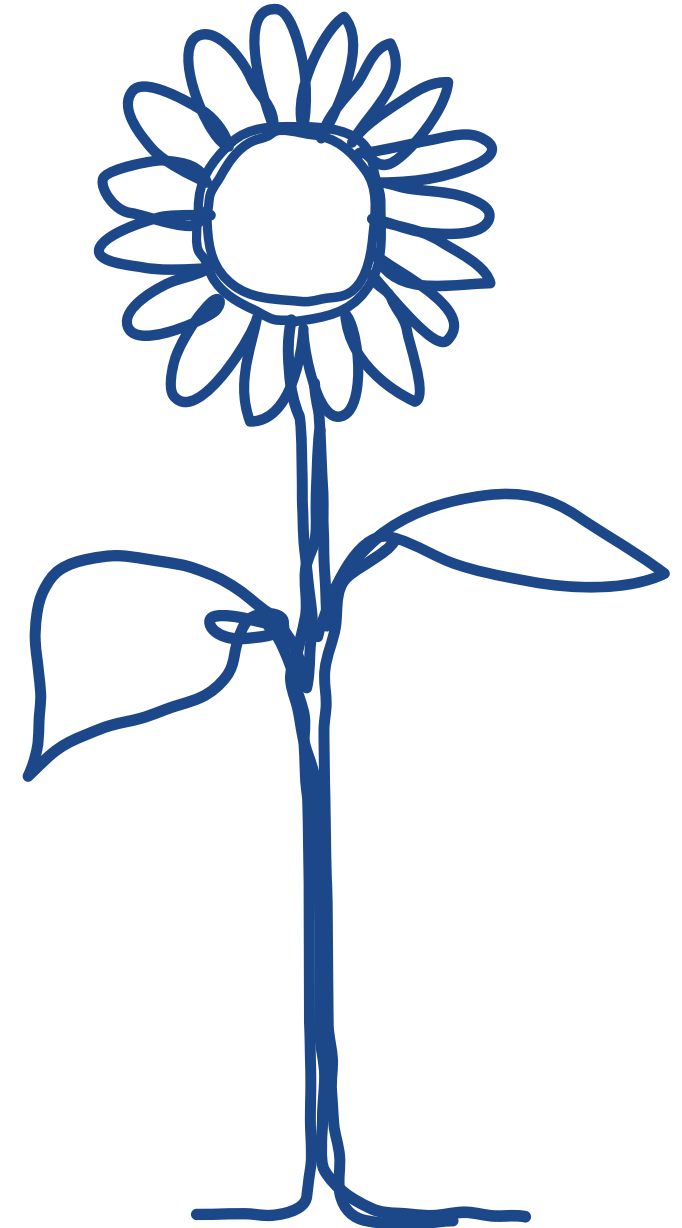
## Day 31

### Choose your favourite mindful moment from the month!

Today, the invitation is to pick your favourite mindful moment activity from the month and to have another go. Or perhaps, visit one of the ones you didn't manage to do. It's never too late to do any of the activities. There's no rule saying you had to do them on that day, or not bother with them at all!

### Reflection

- What's changed for you this month?
- What was your favourite mindful activity?  
What was the easiest?
- What was the hardest?
- What did you learn?
- What will you take forward with you into April?
- What would you like to practice more of?



# All audio and web links in one place

## Day 1

Pre-breakfast pause

<https://soundcloud.com/mindfulmarch/prebreakfastpause>

## Day 3

Tune into what's around you

<https://soundcloud.com/mindfulmarch/sounds-meditation>

## Day 9

A minute of mindful breathing

<https://soundcloud.com/mindfulmarch/one-minute-breath-meditation>

## Day 13

Breathing space meditation

<https://soundcloud.com/mindfulmarch/breathing-space-meditation>

## Day 14

Do nothing or two minutes

<http://www.donothingfor2minutes.com>

## Day 16

Use your senses to ground yourself

<https://soundcloud.com/mindfulmarch/grounding-meditation>

## Day 17

Do a body scan meditation

<https://soundcloud.com/mindfulmarch/bodyscan-meditation-v2>

## Day 19

Walking meditation

<https://soundcloud.com/mindfulmarch/mindful-walking-practice>

## Day 24

Stretch the body

<https://vimeo.com/326564094>

## Day 28

Connect with nature

A trip to the Beach:

<https://soundcloud.com/mindfulmarch/a-trip-to-the-beach>

Landscape Visualisation:

<https://soundcloud.com/mindfulmarch/landscape-visualisation>

## Day 30

Body check in

<https://soundcloud.com/mindfulmarch/five-minute-body-scan>

# 31 days of mindfulness calendar

1 Pre-breakfast pause	2 Smell the coffee!	3 Tune into what's around you	4 The power of touch	5 Have a mindful snack	6 Take a breather	7 Practice gratitude	8 Bring some active listening into your next conversation
9 A minute of mindful breathing	10 Put the phone away	11 Walk a new route today	12 Smell the roses	13 Breathing space meditation	14 Don't do anything at all!	15 Taking in the good	16 Use your senses to ground yourself
17 Do a body scan meditation	18 Develop your curiosity	19 Walking meditation	20 Celebrate success!	21 Mindful music	22 Connect	23 Mindful eating	24 Breath meditation
25 Change your posture	26 Be kind to yourself	27 Stretch the body	28 Connect with nature	29 Give the phone the boot	30 Body check in	31 Choose your favourite mindful moment from the month!	