

december



Mindfulness
Association

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

Make a commitment to engaging in a nourishing activity every day this month!

2

Spend time on a hobby that brings you joy.

3

Watch a favourite film or tv show that brings you comfort, happiness or connection.

4

When feeling stressed, make time to go for a mindful walk to help settle the mind.

5

Create a wind-down routine of relaxing activities to prepare us for sleep.

6

Try this “Relax & Rest” Guided Meditation

7

Put on a favourite piece of music, close your eyes and notice how you feel in your body.

8

Slowly sip a hot drink. Enjoy the warmth in your hands, the aroma, and the taste.

9

Think of something you'd like to do for yourself today and make time for it!

10

Set aside time in your diary to spend time in a natural setting - it boosts mood and helps us relax.

11

Give yourself permission to rest. Lay down, close your eyes, and breathe.

12

Engage in a creative activity just for the sake of it! Notice how it feels to express yourself.

13

Try this “Soften, Soothe, Allow” Guided Meditation

14

Dance to your favourite song! Dance like no one is watching!

15

Treat yourself to an indulgent snack today and take time to be mindful of the flavours.

16

Take regular 10 minute nourishment breaks. Stretch, breath and have a screen break.

17

Clean one item focusing entirely on the process until the task is complete.

18

Have video chat with someone you would like to see more of.

19

Write a kind email to yourself and set it to send to in a month's time.

20

Try this “Relax the Body, Relax the Mind” mini meditation

21

Do some movement - stretch, yoga, exercise - to boost your mood and energy levels.

22

Make yourself a warm drink and curl up with a good book and relax!

23

Conversation can be so nourishing. Call a friend today for no other reason but to chat!

24

Take a few minutes to slow and deepen your breath. Be mindful and soften your muscles.

25

Today can be a busy day. Remember to make some time for yourself to be alone and to rest!

26

Declutter or reorganise a small corner of your home.

27

Enjoy a slow morning with no rush, wrapped in warm clothes.

28

Try this “Cultivating Inner Warmth” mini meditation

29

Join us for our Stillness Midwinter Practice Day

30

Do a gentle 10-minute stretch to wake up your body.

31

Sign up to our 31-Day Mindfulness Challenge to start the new year mindfully!

**JOIN US FOR
FREE GUIDED MEDITATIONS**

10:30 & 19:00
Monday to Friday

[click here to join](#)

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