

JUNE



Mindfulness
Association

MONDAY

1

Take advantage of the warmer weather. Have a 10 minute mindful stroll before bed and notice the impact on sleep

TUESDAY

2

Set a reminder every hour at work. Get up, move away from the screen and do mindful stretching

WEDNESDAY

3

Swap social media scrolling for sitting on a bench feeling the summer breeze on your face.

THURSDAY

4

Eat at least one meal today without a screen. Be mindful of the flavours

FRIDAY

5

Watch the sun set rather than taking a photo. Breathe with each moment

SATURDAY

6

Instead of watching an extra episode of your favourite show, turn off the TV and meditate!

SUNDAY

7

Take a walk without headphones. Listen to sounds and notice the change of weather as summer arrives

8

Step away from your desk and stand in the sun. Feel the physical sensation of the warmth radiating onto your skin.

9

[MSc Studies in Mindfulness Open Evening.](#)
[Click here to book place](#)

10

Drop the question “what can I do rather than check my phone” into your meditation and see what arises

11

Turn off notifications on your phone. They distract you from the present moment!

12

Notice 5 things in nature you usually overlook when distracted by your phone

13

Put your phone down when talking to people. Truly listen and note the change

14

Ban screens from your bedroom. Do a body scan before sleep to release tension

15

[The “Sharing Your Treasure” course starts today](#)

16

[The “Nature is Your Teacher” course starts today](#)

17

When you reach for your phone, ask yourself “what am I avoiding?” and sit with what arises

18

When in a queue, focus on sensations in the body instead of opening your phone

19

First thing in the morning, open the windows and breath in the summer air. Avoid any screens

20

Delete 3 time-wasting apps. Take one deep breath before hitting “delete”

21

Take a “no-phone” picnic break outside and relish the opportunity for alfresco eating.

22

If eating a meal with someone, place your phones face-down in the middle of the table and engage

23

Stand up to your ankles in water and simply feel its flow. No need to film it or take a photo

24

Sit at a park or café for 15 minutes disconnected from devices. Focus on counting your breath

25

Invite your friends to an outdoor mindful movement session as an alternative to being on a screen!

26

Initiate a screen-free activity with someone today, like playing a board game or going for a walk

27

Lay down and feel the sun on your body. Sunlight boosts serotonin, the “happy hormone”!

28

Sit outside without your phone. Tune into the specific sounds all around you.

29

Breathe and write down 3 things that you are grateful for about the move into summer

30

Reflect on how less screen time has been and think which of these mindful habits you wish to keep

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TURN OFF, TUNE IN! 

SUMMER IS HERE. TAKE AN OPPORTUNITY TO CHECK IN WITH THE WORLD BY PUTTING SCREENS AWAY AND BEING PRESENT THIS MONTH!