

TUNE INTO YOU MINDFULNESS CHALLENGE



A nonprofit independent licensee of the Blue Cross Blue Shield Association

Take our **4 Week Tune Into YOU Mindfulness Challenge** to help you alleviate stress, manage anxiety, and improve your mental wellbeing. Complete the activities below each day or feel free to replace it with one of your own.

Write the date and place an "X" in the box for each of the calendar days once an activity has been completed.

Name: _____ Contact Number: _____ Email: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Date: _____ Organize/declutter your desk or workspace	Date: _____ Body scan Meditation	Date: _____ Eat a meal without distractions (no phone, tv, conversation, etc.)	Date: _____ No screen time 2 hours before bed	Date: _____ Go for a walk	Date: _____ Do a self-care activity (face mask, meditation, bubble bath, etc.)	Date: _____ Do something kind for someone you don't know
Date: _____ Clean out and organize a junk drawer	Date: _____ Loving-kindness meditation	Date: _____ Take a piece of chocolate and let it melt in your mouth	Date: _____ Unfollow negative social media	Date: _____ Notice 2 new things on your way to somewhere you usually go	Date: _____ Dance like nobody is watching	Date: _____ Handwrite 3 things you're grateful for today
Date: _____ Clean your closet and find clothes to donate	Date: _____ Resting awareness meditation	Date: _____ Find 3 foods that bring you joy when you eat them	Date: _____ Read a book or physical newspaper	Date: _____ Spend at least 20 minutes outside	Date: _____ Do something that makes you happy!	Date: _____ Give 3 people compliments
Date: _____ Organize and clean any area of your choosing	Date: _____ 4-4-4 meditation	Date: _____ Take at least 20 minutes to savor your meal	Date: _____ Stay off of social media for 3 hours	Date: _____ Explore a new park or area of nature you have never been to	Date: _____ Paint a picture, start a puzzle or play an instrument	Date: _____ Write a thank you letter