

WEEK 1 Welcome!

Welcome to the Tune Into You Challenge. The goal of this program is to help you to become in touch with yourself, reduce stress, and enjoy the present moment. Each day you will have a different mindfulness challenge to complete. Feel free to replace the activity if you would prefer to do something else!

Each week will also explore a new type of meditation. This week is body scan meditation. Here is a great resource on how to practice an effective body scan meditation: [Beginner's Body Scan Meditation - Mindful](#).

WEEK 2 What are the benefits of meditation?

Meditation has been studied in several clinical trials. The overall evidence supports the effectiveness of meditation for various conditions, including stress, anxiety, depression, pain, insomnia, and high blood pressure. Meditation can help you experience thoughts and emotions with greater balance and acceptance. Meditation also has been shown to improve attention, decrease job burnout and improve sleep. ([mayoclinic.org](#))

This week's meditation is loving-kindness meditation. Here is a resource that guides you through how to practice this kind of meditation: <https://www.mindful.org/a-6-minute-loving-kindness-meditation-to-expand-your-awareness/>

WEEK 3 What are some examples of mindfulness?

Here are some easy ways to practice mindfulness.

- Pay attention, slow down and notice the little things in a busy world. Try to take the time to experience your environment with all your senses — touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste, and truly savor it.
- Live in the moment by intentionally bringing an open mind to everything you do. Find joy in the simple pleasures.
- Accept yourself by treating yourself the way you would treat a good friend. Be kind to yourself.
- Focus on your breathing when your thoughts start to spiral or if you start to get anxious. Sit down, take a deep breath and close your eyes. Pay attention to your breath as it moves in and out of your body. Sitting and deep breathing for even just a minute can help. ([mayoclinic.org](#))

This week's meditation is resting awareness meditation. Click on the resource below to learn more about resting awareness meditation and how to practice it: <https://www.headspace.com/meditation/awareness>

WEEK 4 5-4-3-2-1-Almost Done!

Congratulations on making it to your last week of the challenge. We hope you are starting to feel calmer and more relaxed. This week's message will include two great meditation techniques. The first is a 5-4-3-2-1 technique.

5-4-3-2-1:

Sit very still, close your eyes, take a deep breath in then open your eyes. Notice 5 things that you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell and 1 thing you can taste.

The other meditation in the calendar this week is called 4-4-4-4 meditation. For this meditation, find a comfortable place to sit or lay down. Gently close your eyes and begin to breathe deeply. You will inhale for 4 seconds, hold the breath for 4 seconds, exhale for 4 seconds, and then hold the exhaled breath for 4 seconds. Repeat this cycle as many times as you would like.