

# JANUARY 2024

## A mindful month

MON	TUE	WED	THU	FRI	SAT	SUN
A peaceful cup of tea	Give a hug	Wear your favourite clothes	Find a flower	Call a friend for a catch up	Go for a walk	Play a board or card game
Day dream	Send a letter/ message to a friend	Listen to a relaxation	Eat some chocolate	Have a peaceful bath/ shower	Listen to your favourite album	Look at the sky
Spend time with your pet/ watching birds	Look at a piece of art	Move - walk/ yoga/ sport	Stop scrolling	Watch a comedy show/ film	Take a photograph of something special	Have a nap / pause
Notice something that brings you joy	Plan a nutritious meal	Donate to a food bank / charity	Do a sudoku/ crossword	Take a photograph of something ordinary	Watch your favourite film	Read your favourite book
Arrange a catch up with a friend	Look closely at a tree	Try something new				