

How to Design A Mindful Monday

Committing to a Mindful Monday is one of the easiest ways to get started with mindfulness, and is easy to incorporate into your work schedule. Mindful Mondays simply involve committing to mindfulness practices just one day per week.



What to do on a "Mindful Monday"

- **Wake up and shower.** Notice the sensation of the warm water splashing on your skin. Linger in the steam. Notice how breathing the warm air in the shower feels.
- **Eat breakfast.** Slow down. Savor each bite. Notice the flavors and textures of the food you're eating.
- **Enjoy your coffee or tea slowly.** Getting started in the office or in your remote work setup, pour yourself a cup of coffee or tea. Hold it in your hands, noticing the warmth and taking in the sensation.
- **Take a mindful walk.** Time for a break. Stretch your legs and go outside if possible. Notice the sounds of nature.
- **Breathe deeply during stressful moments.** As stressful situations come up during your workday, use mindfulness exercises to center yourself. If you're being hard on yourself, take a moment for self-compassion.
- **Try 5 minutes of pursed lip breathing.** This causes the parasympathetic nervous system to slow down, helping slow the heart rate, increase feelings of centeredness, and reduce feelings of anxiety.
- **Practice finger meditation while at your desk.** Sit or stand while holding the index finger of each hand to your thumb. Breathe in and out slowly, observing your breath closely as it leaves and enters your body.