

Mindful March

Close your eyes and visualise people you care about. Send them thoughts of love and kindness.

Drink a glass of water upon waking.
Sip slowly and appreciate the water
hydrating your body.

Be present with people you care about. Engage with them, listen and be interested in their day.

International Day of Happiness.
Make 3 people happy by letting each
of them know what qualities you
admire in them.

Mindful Meditation. Sit quietly, close your eyes and focus on your breath for a few minutes.

Every hour or so, reset your body by standing and stretching out each of your muscles in turn.

Be mindful with emails. If possible, check them only at certain times, such as 9am, 1pm and 4pm.

[illegible]