

Mindful March

Listen to someone as they talk,
without interjecting, being distracted
or planning your response.

Consciously re-frame a frustrating situation. Stuck in traffic? Appreciate the sky or a great song.

Spend time sitting outside, observing everything you can see, hear, smell and touch around you.

Breathe deeply each hour. Feel the air go in your nose, fill your belly and release out your mouth.

Mindful Pause. Stop. Breathe. Observe
your feelings and accept them.
Proceed with clarity.

Appreciate nature like a child. Watch bees buzz through flowers or clouds drifting across the sky.

As you shower, be grateful for the warm water and thank your body for everything it does for you.

[illegible]