

My Mindful Month

Moves that channel a mindful mindset are easy to use in the moment and always available to us. This chart offers reminders of some of the many ways to infuse a sense of calm into the day. Try one each day for a month and see if you can turn those that are helpful into habits.

Try a breathing exercise to energize or relax. Breathing Exercises	Take a walk and find at least one thing that you've never noticed before	Share a thoughtful compliment with someone.	Forgive someone – use compassion to release the hurt. It could be yourself.	Try a Loving kindness meditation. Self-Compassion.org
Pick one daily task to do mindfully for the week (e.g., shower, brush teeth, commute).	Try “surfing” an urge, accepting it and letting it subside without acting on it.	Try out the RAIN technique when dealing with a difficult emotion.	Instead of looking at your phone or the TV try 30 minutes of mindful coloring.	Take a beginner’s mind approach to seek a solution to a problem that has you stuck.
Identify a pressure point and create a mantra that helps you feel calmer.	Notice a tendency to judge others or assume you know what they think. Try applying compassion instead.	Start or end the day by thinking of three good things that exist in your life.	Notice how an emotion you are feeling presents in your body. What do the sensations tell you?	When feeling scattered, take a short timeout to focus on the steady sensations of your breath going in and out.
Take five minutes at the start of the day to set a mindful intention.	Reset racing thoughts: Take a slow deep breath, ask yourself: “Where am I?” (Here) “What time is it?” (Now)	Paint a rock with a message of kindness and put it out in the world. The Kindness Rocks Project®	Identify an emotion that’s intruding on your day. Can you name it?	Pay attention to catch the negative self-talk of your inner critic. Replace with what you would say to a friend.
Start at least one meal per day with three mindful bites.	Work on seeing all time as your time – not as being commandeered by others.	When stuck waiting, shift to observation mode. Use all your senses to take in your surroundings.	Pause before a stressful task, take some deep breaths, and feel your feet on the ground.	For one week, think of something you are grateful for when you go to bed at night.
When pressure builds, pause and do a body scan to release tension. HelpGuide.org	Commit to at least one mindful conversation this week; Be invested, curious, focused, and empathetic.	Listen to a song and try to pick out the sound of each instrument.	Notice something positive about each person you interact with today.	Try out a guided mindful meditation. UCLA Mindful Awareness Research Center

¹ Mindfulness Meditations created by Diana Winston for the UCLA Mindful Awareness Research Center (MARC). © 2021 The Regents of the University of California. All Rights Reserved.

References to third-party organizations or companies, and/or their products, processes or services, does not constitute an endorsement or warranty thereof. Your use of such products, processes or services are at your sole risk.

This information is for educational purposes only. It's not medical advice. Always ask your doctor for appropriate examinations, treatment, testing and care recommendations

All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group.

921377 12/23 © 2023 Cigna Healthcare. Use and distribution limited solely to authorized personnel.

