




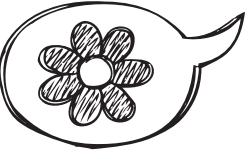




MASK[®] + Mindfulness

CALENDAR ★ 4 TEENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Go outside and put your feet in the grass. Grounding is an exercise to connect you to the earth and all its healing powers.			TAKE A MASK MINUTE AND CHILL 	Get moving. Talk a walk, go for a run and take in the noises, the scenery and tune in to how it makes you feel.	★ DO A FULL BODY SCAN... Start from head to toe and take inventory of how you are feeling. If you notice that maybe you feel tight shoulders or racing heartbeat, turn to exercises or quiet time to help adjust those areas.	Strike a yoga pose! Youtube has many yoga video classes. Engage in yoga time to connect mind, body, spirit.
Tune into your feelings without judging yourself 	Wake up today saying three things that are amazing about your life. 		Solve the puzzle... Get a crossword or word search puzzle	WRITE DOWN THREE THINGS YOU ARE GRATEFUL FOR	Sit down and just close your eyes and smile. Feel how that simple exercise changes your mind, your body and your spirit.	
	WALK IT OUT... Go on a walk and take in the scenery. Be mindful of your steps and see where it takes you.	Play a song and close your eyes and dance in your room. Let the music move you.	 Eat mindfully. Take small bite and notice the texture, taste and smell		Use a whiteboard marker and write 7 positive words about yourself on a mirror in your personal space	When your frustrated take a deep breathe first before you respond
Mentally scan your body and see how you are feeling	Notice seven things that are beautiful in the world		When was the last time you did a puzzle. Get a puzzle and start the process. Come back to it from time to time.	Music calms the soul! Put in your earpods, close your eyes and let the music take your mind.	 TAKE A TECH BREAK	
★ TAKE A BATH... Pour in the bubbles and soak in the quiet. Take in the warmth of the water and the relaxing that takes place. Listen to the water drip and make note of everything else you hear.	GO OUTSIDE AND FEEL THE SUN ON YOUR FACE		Notice how you talk to yourself... Speak kindness!	 Start today with 5 deep breaths.. When you find yourself feeling stressed, angered or uneasy refer back to the breaths.		Journal your thoughts. Take time each week to tune in to what played out in you journey. 