

DAY 1: MINDFUL MONDAY

Mindfulness is a practice backed by tons of research - it enhances your connectedness to yourself and decreases reactivity and exhaustion. Even a little practice can help, so try to find ways to build mindfulness into your day, even for a few minutes. Psychologically, mindfulness helps you to separate from stressors that can zap your mental resources. Physically, mindfulness helps you to be more aware of and in tune with your body's needs. Overall, mindfulness helps you to broaden your awareness away from what is stressing you and allows you to get more in tune with yourself!

MONDAY'S WORKR BEEING CHALLENGE!

NEW BEE:

You might be participating in a lot of calls or virtual meetings these days. In between the end of one meeting and the start of another, take 5 minutes to focus on your breathing. Close your eyes and breathe in and out slowly. Focus only on the breath. It helps to turn off the sound on your phone or computer, so that you don't get distracted by incoming messages.

HONEY BEE:

Convert social media or TV time into mindfulness time. We are all getting overwhelmed with information right now, and it can be too much at times. Consciously shave 30 minutes off of the time that you would usually spend consuming media (especially COVID-19 related information which can be stressful) and use it instead to do a mindfulness meditation on YouTube or through an app.

BOSS BEE:

Spend one hour in a natural setting. That might be a backyard, a park (practice social distancing!), or a wooded area. As long as you stay away from other people, being in nature is a very healthy way to practice mindfulness at this time. You might spend your lunch break or an hour before or after your work day begins in nature. Try not to focus on anything other than your surroundings, appreciating their beauty.



DAY 1: MINDFUL MONDAY

MONDAY'S REMIX CHALLENGE!

SOLO WARRIOR:

So many of us are experiencing a significant increase in anxiety and stress. Take some time to stretch to relieve tension, focus on just the movement and your breath. Take long, deep breaths. When you inhale, bring your breath all the way down to your abdomen filling your lungs and letting your stomach expand before your exhale. [Solo Warrior Stretch Video](#)

- ▶ Neck stretch: With your palm parallel with the floor, and right arm by your side, take your left arm and gently pull your head towards the left, Hold 20-30 seconds. Repeat on the other side.
- ▶ Cat/Cow pose: On hands and knees, with knees directly underneath hips, and hands underneath shoulders, take a deep breath in. Draw your chin toward your chest and round out the spine up to the ceiling. Hold before exhaling, lifting chin up toward the ceiling, and arching the spine. Do 3-5 reps of the movement.
- ▶ Chest Stretch: Clasp hands behind back, opening up your chest and hold stretch. For a deeper stretch, fold over and feel the stretch up the back of the legs as well. Hold for 20 - 30 seconds.
- ▶ Figure Four Stretch: With sitting a lot more these days at home, it's important to stretch out your hamstrings to prevent the shortening of those muscles. While laying on your back, cross right ankle over left thigh and thread hands underneath left thigh and pull towards chest. Hold for 20 - 30 seconds.

COUPLE GOALS:

You may be spending a lot more time together, and with stress levels high, you may be feeling disconnected with your partner. Take the time to connect with these simple stretches you can do together. [Couple Goals Stretch Video](#)

- ▶ Hamstring Pull stretch: Sit facing each other with legs apart and feet touching, holding hands. Take turns pulling each other's arms feeling the stretch on the back of the legs. Hold for 20 to 30 seconds.
- ▶ Chest Stretch: Sit up tall, cross-legged, back to back and hold arms up in a goal post position, leaning against each other. Hold for 20-30 seconds.

CONTINUED ON NEXT PAGE 



DAY 1: MINDFUL MONDAY

MONDAY'S REMIX CHALLENGE! CONT.

- ▶ Chest Stretch & Butterfly stretch: In the same position, one partner takes arms and opens them up, leaning back, stretching their chest, while the other partner folds over stretching legs.
- ▶ Twist: In the same position, sit up tall and twist the body over to the right, placing the right hand on your partner's left thigh. Then, repeat the pose on the other side. Hold the position for 20 to 30 seconds.

FAMILY GOALS:

Inside with your family? Connect with your whole family with these fun, yet effective stretches you can do together. If you have children, these animal-themed poses make stretching something they'll want to do with you. [Family Goals Stretch Video](#)

- ▶ Butterfly Stretch: Sit up tall on the ground, with the soles of the feet together, and knees fall apart. Hold stretch for 20 to 30 seconds or encourage your children to "flap" their butterfly wings.
- ▶ Happy Baby Pose: Lay on the ground with legs bent and feet in the air. Loop your first two fingers around your big toes or the bottom of your feet and hold position, or gently rock back and forth massaging your lower back.
- ▶ Downward Dog: To get in this pose, start on hands and knees, then curl toes under and lift hips up towards the ceiling. Keep head in line with arms for a triangle shape with your body. Encourage your children to "wag their tails."
- ▶ Elephant Dangle: With legs a little wider than hips, bend forward at the hips and let arms "trunk" dangle beneath.



DAY 1: MINDFUL MONDAY

MONDAY'S JOURNAL: Was it hard to stay focused and mindful while completing your activities? Why or why not? How might you incorporate mindfulness into your everyday life from now on?

