

BRAKE BEFORE YOU BREAK

MINDFULNESS EVENT

Our *Brake Before You Break* event focuses on positive living through many dimensions of wellness. The following calendar is designed to help you focus on a different type of mindfulness each day. Remember to include some sort of mindfulness into the program every day. Keep track of your activities on the provided mindfulness log and turn it in to the University Counseling Center by 4:30 pm on Friday, October 30, 2020.

DAY 1: RAISIN EXERCISE

The raisin exercise helps use your four senses to meditate on each sense.

- ✧ Look at the raisin
- ✧ Feel the raisin
- ✧ Smell the raisin
- ✧ Taste the raisin

DAY 2: YOGA AND DEEP BREATHING

Try to build exercise into each day for the many positive effects it can have on all areas of your life.

- ✧ Yoga combines the mind and body.
- ✧ Practice yoga at least once, incorporating practice by yourself or in a group setting
- ✧ Remember to focus on your breath, deep inhale and exhales

DAY 3: MEDITATE WHILE WALKING/GROUNDING

IN person event to practice mindfulness while walking or grounding.

- ✧ 12:-12:30-QUADRANGLE

DAY 4: DAILY AFFIRMATIONS

Daily affirmations can benefit your mental health.

- ✧ State what you want, put it into existence
- ✧ Focus on putting more positivity out into the world
- ✧ Write 2-3 affirmations

DAY 5: MINDFUL LISTENING

Going beyond active listening and remaining present and work on becoming more empathetic to others

- ✧ Pay attention to your own cues
- ✧ Your hesitations, and thoughts and feelings you may have

DAY 6: STROKE YOUR HANDS

Focusing on your hands can reduce your stress and increase your mindfulness

- ✧ Focus on sensation of stroking hands
- ✧ Relieves stress because focusing on the action rather than any stressors or anxiety

DAY 7: PRACTICE STOP

Practicing STOP can help increase mindfulness by focusing on the here and now.

- ✧ Stop or pause momentarily
- ✧ Take a breath
- ✧ Observe what you are feeling and what is going on
- ✧ Proceed or continue what is going on

DAY 8: QIGONG DAY

In person event. The sounds of the Qigong can be very relaxing and easily puts a person in a meditative state.

- ✧ 12:00-12:30 p.m. Campus Rec Center

DAY 9: MINDFUL DRINKING

Focuses practicing mindfulness surrounding drinking

- ✧ Pay attention on what you decide to drink
- ✧ Focus on the sense, how it smells and tastes
- ✧ Summarize how you feel about the process

DAY 10: GUIDED MEDITATION

Practicing meditation regularly can increase mindfulness and help rest you mind, relieving you of stress and anxiety.

- ✧ Download a free meditation app or find a guided meditation on YouTube.
- ✧ Practice for the full duration, try to clear the mind and focus on the speaker and notice how you feel afterward.

BRAKE BEFORE YOU BREAK

MINDFULNESS EVENT LOG

NAME: _____

DEPARTMENT: _____

Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 19	Oct. 20	Oct. 21	Oct. 22	Oct. 23
Day 1 Raisin Exercise	Day 2 Practice Yoga & Deep Breathing	Day 3 Meditate While Walking/Grounding In Person Event-QUAD	Day 4 Daily Affirmations	Day 5 Mindful Listening
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Oct. 26	Oct. 27	Oct. 28	Oct. 29	Oct. 30
Day 6 Stroke Your Hands	Day 7 Practice STOP	Day 8 Qigong In Person Event-Campus Recreation	Day 9 Mindful Drinking	Day 10 Complete Guided Meditation
_____	_____	_____	_____	_____
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Turn in your completed logs by Friday, October 30th to be eligible to receive a prize.