

# EDUCATION STAFF WELLBEING, JULY: MINDFULNESS

MON	TUE	WED	THU	FRI	SAT	SUN
		1 In school? Go for a mindful walk this lunch	2 Take 5 minutes to notice your surroundings	3 Finish work early today and relax (no marking!)	4 Enjoy a mindful hot drink. How does it taste/feel?	5 Take a moment to take some deep, calming breaths
6 Driving to school? Practice mindful driving	7 Be fully attentive in a conversation with a colleague/student	8 <b>ACTIVITY</b> Mindfulness Bingo (Instagram @kentschooljobs)	9 Smile more. You'll be surprised how it makes you feel!	10 Lesson planning? Put on your favourite music	11 Close your eyes and name 4 things you can hear	12 Read one chapter of your favourite book
13 Give yourself permission to feel the emotions you experience	14 Accept the things you can't control without judgement	15 Writing notes? Notice how the pen feels in your hand	16 Remember the present situation is just 'for now'	17 List your stress triggers and ways you can deal with them	18 Cook a mindful dinner; focus on the act of cooking	19 Step away from screens and have a device-free day
20 <b>ACTIVITY</b> Mindful 5 Minute Activity (Instagram @kentschooljobs)	21 Enjoy a mindful lunch away from your desk	22 Finish work early today!	23 Reflect back over the past term and let go of any regret.	24 <b>Awareness Day: Samaritans Big Listen 2020</b>	25 Slow down - cook your favourite breakfast	26 Take a mindful walk - notice nature and the sky
27 Breathe in for 5 secs, and out for 5 secs. Repeat 3 times.	28 Give your full attention to a loved one	29 Look out the window. What 5 beautiful things can you see?	30 Remember it's ok to take a break - you've earned it!	31 Do something you love & get completely lost in it		