

a week of mindfulness



05.18.2020 - 05.24.2020

MONDAY

Start your Monday with [a soothing poem from Jane Hirshfield, "The Promise,"](#) about being present for one another and nature. You'll find a whole host of poems and prose on the Poetry Foundation's website. Happy reading!

WEDNESDAY

As the weather gets warmer, it's the perfect time to relax with lemonade - with a twist. You'll find [several variations from Love & Olive Oil:](#) tomato and basil lemonade, peach thyme, and blackberry mint. All you'll need is sugar, water, lemon juice, ice, and the fruit and herbs of your choice.

FRIDAY

Artist Jean Haines uses watercolor painting as a form of meditation. Follow along with her video as she describes various [watercolor painting mindfulness activities](#), including Positive in the Negative. In this exercise, you'll leave the center of the paper white (representing a problem), and then paint an edge around it, letting the color flow. You can erase the problem by painting over it.

SATURDAY

With so much washing of our hands, they can get dry and calloused. Use this simple [brown sugar hand scrub "recipe" from P & G Everyday](#) to exfoliate your hands and skin. You'll need vanilla extract, brown sugar, coconut oil, and Vitamin E. You can skip the Vitamin E if you don't have it, and almond oil or olive oil can be substituted for the coconut oil.

TUESDAY

Follow along with this seven-minute [Guided Meditation to Embrace Fear from Loch Kelly](#), which teaches us how to acknowledge and accept fear. You'll begin with "I am afraid," and end with "Awareness and fear are not separate." This meditation can be practiced for any emotion, including jealousy, sadness, anxiety, and confusion.

THURSDAY

As the week progresses, stress levels may increase. Take a few minutes out of your day to play the Name Game, a simple grounding activity. Look around you and name three things that you can hear, two things that you can see, and finally one sensation that you feel.

SUNDAY

Take some time outside this weekend to do some photography. If you don't have a camera, you can use your phone. With a [few everyday mindfulness techniques for photography](#), you can pay closer attention to details like color and texture. Focus on objects you might normally never give a second glance to - a brightly painted door, a windchime, a street sign. You'll find that the world is more intricate and beautiful than we realize.

