

# a week of mindfulness

04.27.2020 - 05.03.2020

## MONDAY

Start your Monday off with a five minute [Desk-Body Scan Mindful Break](#) from Shonda Moralis, a psychotherapist specializing in stress and mindfulness. This body scan exercise is designed to bring awareness to your sensations and stress areas, which can help you better understand your stress levels and how to work through them.

## WEDNESDAY

Paper cutting is the art of crafting paper designs, typically from a single sheet of paper. This craft has evolved in many ways all over the world and is often considered a form of mindfulness as it involves concentration and repetitive movements. With this free [Getting Started with Paper Cutting Guide from Mindful Art Studio](#), you'll be creating beautiful (and mindful!) art in no time.

## FRIDAY

Take a few minutes this evening for a mindful cup of tea (or coffee, hot chocolate, lemonade...). As you drink, use this [Five-Step Mindful Tea Drinking Practice](#) from the Lion's Roar. At the end of the practice, you should feel relaxed with an expanded vision for your goals.

## SATURDAY

Succulents are plants that store water in their leaves, thus thriving in dry conditions with scarce rainfall. Cacti are a very popular type of succulent. Check out this list of [30 DIY Tiny Planters for Succulents and Air Plants](#) from The Spruce Craft, order some succulents, and you're all set. Place them by your desk for a mindful reminder of nature during work. These planters use household items such as a coffee pot, children's dinosaur toys, napkin rings, and yarn. However, the rotary phone and old TV planter may be harder to come by...

## TUESDAY

Take a break from your workload and find a sunny spot outside to practice this [Sitting Sun Meditation from the Centre for Mindfulness Studies](#). During this practice, you'll begin with making the sun the focal point of your attention and end with offering gratitude to the sun and the sensations it offers you.

## THURSDAY

Take yourself (mentally) back to your favorite beach with this [homemade sea glass candy recipe from The View from Great Island](#). Using sugar, water, corn syrup, powdered sugar, food coloring, and flavoring, you can create a beautiful batch of candy that looks just like glass in seafoam green.

## SUNDAY

Sometimes, anxiety and stress can affect us not only emotionally, but physically. With this [Stomach Soother herbal tea recipe from Wellness Mama](#) using mint, fennel, and dried ginger, your stomach ache and indigestion will dissipate in no time. Other tea recipes on the list include raspberry leaf, lavender, sleep easy blend, and a tea to soothe pregnancy nausea.