

a week of mindfulness

05.18.2020 - 05.24.2020

MONDAY

After 35 years in the healthcare industry, Robin Mallery learned about the importance of mindfulness. In this seven minute [TED Talk video](#), Robin shares a chocolate mindfulness exercise for learning to slow down and appreciate the small things (like chocolate!) we might take for granted. Don't have candy laying around? Make your own with this [Healthy Homemade Chocolate recipe from Wellness Mama](#) - with an optional hint of mint or orange!

WEDNESDAY

Looking for a way to relax and rejuvenate after a long day? Spend the evening with a book and this [quick and easy homemade vanilla pudding](#). Top with berries or chocolate shavings for a touch of sweetness.

FRIDAY

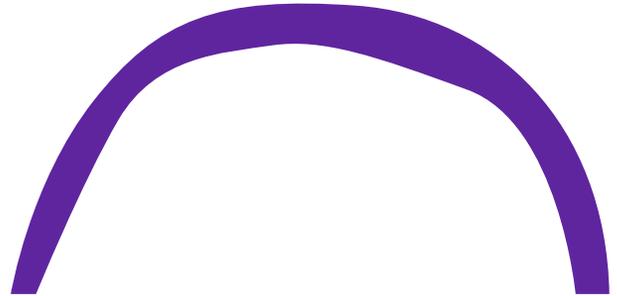
Spend your evening with some soothing music while making homemade seasoning blends for delicious recipes. You'll find Cajun, chili, jerk, Mediterranean, all purpose, ranch, pumpkin pie, Italian, and taco and fajita seasoning blends in this [Spice Blends recipe collection](#), perfect for meat, fish, vegetables, baked goods, and more.

SATURDAY

If you live with several others at home, try this self-compassion session this evening. Ask everyone to sit in a comfortable space and bring a notebook. Once everyone is sitting, you'll each write one thing that has been painful this week. Then the group will go around and share what they have written and why they feel that self-compassion is important. The rest of the group can chime in with compassion as well. Sometimes, being open about hardships can lead to beneficial acknowledgement and validation from others.

TUESDAY

Take some time for a "crafternoon" with this cute [mindful bee sewing craft](#). With just felt, scissors, thread, needle, pen, and some stuffing, you can make an adorable stuffed toy created by a UK mental health charity.



THURSDAY

If you are a hug person, practice this mindful hug activity with a family member (from your household), or if not, wrap your arms around yourself. Hug them tight and take three deep breaths together. Your breathing will ground one another.

SUNDAY

The [UC San Diego School of Medicine](#) offers a Mindful Poetry Directory containing beautiful, soothing poems to read or share with others. You might consider reading one a day before or after work. Many of the poems touch on nature, self-care, and love.