

# a week of mindfulness

04.13.2020 - 04.19.2020

## MONDAY

Ever heard of Michael Rosen's 1989 children's book *We're Going on a Bear Hunt*? Inspired by the book, many neighborhood houses are now placing stuffed teddy bears in their windows [for a fun social distancing scavenger hunt](#) for children and families (and adults too!). You can join [Nextdoor](#), an online local hub to help neighborhoods and communities connect, to find your local teddy hunt.

## WEDNESDAY

During a time when most things seem so powerless, it's important to keep in mind what we do have control over. Print out or download this free poster/card of [Things I Can Control Bingo](#) from Teachers Pay Teachers, and take some time each day to remind yourself of what you do have power over: how you interpret events, how often you smile, how you relate to your feelings, etc.

## FRIDAY

It's the end of a long week and tensions and emotions may be running high. Sometimes the mere physical act of pretending to throw away our worries can help. For this activity, you'll create, paint, or decorate a small box and place it somewhere next to where you sleep at night - a [Little Box of Worries](#). Before you go to bed, find a few minutes with your partner, child, or family member to discuss your worries from the day. Then, write down your worries one by one on a piece of paper and place them into the box. Now, sleep easy.

## SATURDAY

Guided imagery is a stress management technique that involves envisioning a relaxing scene and gradually filling in more details as guided. You can practice this at home with a simple [15 minute recording from Johns Hopkins University](#).

## TUESDAY

Choose one (or a handful!) of [Well Ella's 75 Journal Prompts for Self-Care](#) and use them to start a journal entry. A few suggestions include, "What brings you genuine joy?" and "How do you add value to the world?" Whether we recognize it in the moment or not, every second we are bringing good to ourselves and those around us.

## THURSDAY

End your day by making a fresh batch of [homemade essential oils](#). All you'll need is a crockpot, distilled water, and fresh plant or herb material that will fill the crockpot half full. Whether or not essential oils are effective at reducing anxiety is unknown, but they do smell good and may be able to help with sleep and relaxation.

## SUNDAY

[Practice distress tolerance thoughts](#). Some examples of stress intolerance thoughts include "I can't stand not knowing how this will end" and "I will feel this scared and anxious forever." On the other hand, distress tolerance thoughts are compassionate, encouraging responses that sound more like "I may not know how this will end, but I am doing everything I can to ensure my health and safety" and "This feeling will not last forever; eventually it will subside."