

a week of mindfulness

04.20.2020 - 04.26.2020

MONDAY

It can be hard to take an hour out of our schedules for relaxation, and the idea of doing yoga may initially be overwhelming. [VeryWell offers seven easy desk yoga stretches](#), one for each day of the week, that you can practice during work for only a few minutes each. Start your Monday off with practicing the “neck rolls” exercise, and end your week with “standing pigeon.” For a challenge, try to incorporate these into your work routine every week.

WEDNESDAY

While remote work may involve less movement, it can come with its own set of aches and pains. If you use a standing desk, being on your feet all day can be uncomfortable, and the increase in walking during this time as we enjoy nature can also lead to sore and tired feet. Unwind at the end of your work day on your own or with children using [Mama Rosemary's easy tips for herbal foot soaks](#).

FRIDAY

During a crisis, our thoughts and routines may feel scattered as we respond to immediate needs. Creating a [Fragments Box](#) using simple materials such as paper, plastic or clear tiles, and glue or tape can help us gather our thoughts at the end of a long week and set our intentions for the weekend.

SATURDAY

This [Sunflower Stretch activity](#) from Stop, Breathe, and Think may originally have been created for use in classrooms, but it can benefit all of us. With this stretch, we imagine ourselves in a sunny, warm field (or better yet, practice this stretch outside), practicing our breathing and re-energizing ourselves for the weekend ahead. Scroll to page 18 to locate the stretching directions.

TUESDAY

During this time, we have to be mindful not to touch our faces, but sometimes this can be an unconscious habit and we may not be aware of what we are doing with our hands. Practice this [hand counting meditation from Heart of the Village Yoga](#) for a complete round of twelve breaths to bring yourself into the moment and become more aware of your hand movements.

THURSDAY

Zentangles are an easy, fun way to create mindful art by drawing structured patterns. There are eight steps in [the Zentangle Method](#), beginning with gratitude and appreciation and ending once again with appreciation of the finished product. Learn more at the link above about how to practice the method and create your own mindful drawings.

SUNDAY

The next “super moon” is slated to appear on Thursday, May 7. A super moon is the term used to refer to the moon when it is closest to Earth. There can be several super moons per year, and one occurred earlier this month that was tinged with pink. For a mindful outdoor activity at night, practice moon tracking using this handy [Moon Tracking and Observation Guide from Sciencing](#).