

a week of mindfulness

05.11.2020 - 05.17.2020

MONDAY

It's the beginning of another week, and it's time to sort our intentions, anxieties, and fears for the days ahead of us. Scroll down to page 8 of this [Creative Living Beyond Fear journal](#), where you'll allow your fear to write you a 5-minute letter about what exactly it is afraid of - don't interrupt or challenge, just listen to what it has to say. Then, on page 9, you'll write a respectful letter back to your fear.

WEDNESDAY

When you have 15 minutes, take a pause and experience this [Morning MeditOcean from the Monterey Bay Aquarium](#), a guided meditation featuring live footage of their kelp forest. As you listen, focus on your breathing, movement, and intentions.

FRIDAY

Created by a family in Oregon after the loss of their two daughters, [Love Rocks](#) is a global project that aims to spread joy and love through simple rocks with painted hearts. Using rocks, fabric, scissors, adhesive (mod podge), and paint, you can create your own rocks and place them in a location of your choice to spread joy. Just this past weekend, I came upon several Love Rocks at Lebanon Hills Regional Park in Eagan, scattered among the woods.

SATURDAY

Brain Breaks are short periods of time in which we change up our regular routines with a few minutes of novelty. This [package of Brain Breaks](#) can be used by adults and youth, and includes activities such as invisible pictures, story starters, and the symbolic alphabet.

TUESDAY

The beloved American poet Mary Oliver passed away last year at the age of 83. Much of her work focuses on her observations of the natural world. Start your Tuesday by reading two of her poems, "[Wild Geese](#)" and "[When I Am Among the Trees](#)" for a gentle boost of calm and relief before your work day.

THURSDAY

During the middle of a crisis, sometimes we may find ourselves comparing our pain and stress to others, or shaming ourselves for feeling disappointment and loss instead of gratitude. It is possible, however, to hold our conflicting emotions simultaneously while acknowledging that we have a right to feel the way we do. This [Enhancing Compassion in the Face of Comparative Suffering](#) exercise helps us to accept our emotions without judgment.

SUNDAY

It's time to talk about face masks - the skin food kind. Using ingredients such as yogurt, avocado, banana, honey, and olive oil, you can create a soothing mask for your face that helps cleanse and hydrate your skin. Check out these [eight Skin Transforming Face Masks from Allure for ideas](#).