

a week of mindfulness

05.04.2020 - 05.10.2020

MONDAY

If you've ever heard of the phrase "too many cooks in the kitchen," you know that sometimes cooking can be stressful. But during this pandemic, if you're able to get the kitchen to yourself and bake just for fun with no demand of having dinner ready on time, it can be relaxing. The next time you have a craving for treats, [follow these tips for mindful baking from London Mindful](#) to practice sense awareness, gratitude, and mindful eating. Looking for ideas? [Start with this chocolate chip banana bread recipe from Two Peas and Their Pod](#).

WEDNESDAY

If you have kids at home, end the day with these [five pet yoga exercises from Kids Yoga Stories](#). You've probably heard of downward dog, but what about locust pose and hare pose? Inspired by animals, these short and sweet exercises can help you and your children (or just you!) relax before bedtime.

FRIDAY

Finish off your Friday with a virtual dinner party with friends and family. Using this insightful [Virtual Dinner Party Guide from The Family Dinner Project](#), you'll be hosting a digital potluck in no time, complete with conversation starters, online trivia, and other icebreakers.

SATURDAY

Go through this [Self-Care Checklist from Love Is Respect](#), which covers relationship to self, others, environment, technology, and work and money. As you run through the checklist, you'll learn about small, positive changes you can make to your relationships and environment.

TUESDAY

As you move into another work week, try this [breathing stick from Thrive Global](#), created using only a pipe cleaner (the mindful body) and six beads (the anchors). Creating the tool will help you focus on impulse control and breathing. The stick can be hooked to your bag, desk, or a window as a gentle reminder to breathe throughout the day.

THURSDAY

If you have a few minutes to pause throughout the day, practice Hot Air Balloon Breathing. Sit cross-legged and cup your hands around your mouth. Take a deep breath in through your nose and slowly start to blow out through your mouth, moving your hands outward in time with your exhalations as if you are blowing up a hot air balloon. This practice will help relax and rejuvenate you.

SUNDAY

If you live close enough and are able to do so financially, [the Minnesota Landscape Arboretum opened for vehicle tours on Friday](#). You will have to register online beforehand. While driving through the gardens, take note of the white and yellow forsythia, white and pink magnolia trees, 39,000 tulips, and over 200 varieties of daffodils.