

a week of mindfulness

06.01.2020 - 06.07.2020

MONDAY

Sometimes, life can feel overwhelming and exhausting, especially during a pandemic. We may feel that we don't have the resources to deal with what we are experiencing. When you feel like this, read [Eponis/Sinope's "Everything is Awful and I'm Not Okay: Questions to Ask Before Giving Up."](#)

WEDNESDAY

[Noisli is a free website that allows you to mix and match different sounds to create a cocktail of relaxing, ambient sound for your work day or relaxation time.](#) For example, you can choose from sounds such as rain, forest noises, a crackling fire, and coffeeshop noises.

FRIDAY

End the day with a good book and treat yourself to a hair mask while you read. Homemade hair masks are easy to whip up and offer many benefits, including reducing frizz, moisturizing hair, and increasing shine and softness. These [natural homemade hair mask recipes from DIY & Crafts](#) can be created with just a few ingredients, such as olive oil, honey, brown sugar, coconut oil, and apple cider vinegar.

SUNDAY

Looking for an easy way to get in some fun exercise this weekend? [Rhythm & Motion offers a host of free online dance classes](#) for a fun workout experience. Their classes include fusion and modern styles.

TUESDAY

Looking for simple meditations to do with children? [The Waking Up app offers guided meditations for children ages six to ten.](#) Make sure to read the instructions before downloading and remember that meditation's purpose isn't necessarily to calm children down, but rather to make them aware of what they are feeling in the present moment.

THURSDAY

This [90 second mini meditation from Finding Peace in a Frantic World](#) is simple and sweet. You can practice this once a day or multiple times, whenever you need a boost.

SATURDAY

The weekend is here and it's time for a virtual field trip. Compiled by CARE Advocate at the University of California-San Francisco, [this chart showcases various virtual field trips](#) at the San Diego Zoo, Yellowstone National Park, the surface of Mars, the Louvre, and much more.