30 Day Mindfulness Challenge

Day 1: Take 10 deep breaths
Day 2: Listen to calming music
Day 3: Compliment someone
Day 4: Drink more water today
Day 5: Video chat with family or friends

Day 6: Sit in silence for 2 minutes
Day 7: Cuddle with a pet, teddy or blanket
Day 8: Draw a picture of something happy
Day 9: Go for a walk
Day 10: Balance on each foot for 20 seconds

Day 11: Go to bed a little earlier today
Day 12: Eat a piece of fruit
Day 13: Watch the sunset
Day 14: Close your eyes and go to your happy place
Day 15: Bake

Day 16: Write down 10 things you like about you
Day 17: Relax all the muscles in your face
Day 18: Read your favourite book
Day 19: Take photos of things that make you smile
Day 20: Plant something

Day 21: Wear your favourite colour
Day 22: Write a letter to a friend
Day 23: List 3 things you are grateful for
Day 24: Watch your favourite movie
Day 25: Do some stretching exercises

Day 26: Have a 1 hour digital detox
Day 27: Listen to nature
Day 28: Dance to a song that makes you happy
Day 29: Make something creative
Day 30: Breathe - you made it!