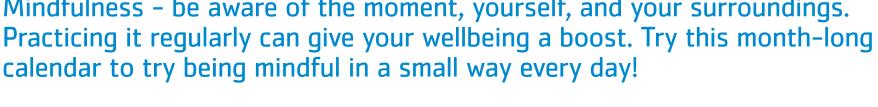
MONTH OF MINDFULNESS CALENDAR

Mindfulness - be aware of the moment, yourself, and your surroundings. Practicing it regularly can give your wellbeing a boost. Try this month-long





MONDAY



DAILY CONNECT WITH NATURE AFFIRMATIONS

TUESDAY



PRACTICE GROUNDING

THURSDAY



CHECK YOUR EMOTIONS

FRIDAY



MINDFUL EATING

SATURDAY



MINDFULNESS APP



SET AN INTENTION

FOR THE DAY























CLOUDS















PRACTICE SELF-COMPASSION















CHALLENGE YOURSELF STRONGER

YMCA OF GREATER WAUKESHA COUNTY

Stronger Together Challenge

