

March – Be Mindful

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 It's University Mental Health Day ! Join our wellbeing check in event or meditation session .	5	6
7 Scavenger Hunt Sunday : do some daily exercise whilst being mindful of objects and landmarks	8	9 11am – Join Sport & Wellbeing's Virtual Meditation session	10	11 Try to focus on one single task at a time today.	12	13 Turn off notifications that distract you from being present in the moment.
14 Scavenger Hunt Sunday : do some daily exercise whilst being mindful of objects and landmarks	15 Watch our LinkedIn Learning collection of mindfulness tips videos.	16	17 Eat something mindfully today by focusing on the tastes, textures and smells.	18	19 It's World Sleep Day today – reflect on how you have been sleeping recently.	20
21 Scavenger Hunt Sunday : do some daily exercise whilst being mindful of objects and landmarks	22	23 Write down three things you are grateful for today.	24	25 Colour or doodle without judging how good or bad it looks.	26	27 Take a break and notice the sounds you can hear.
28 Scavenger Hunt Sunday : do some daily exercise whilst being mindful of objects and landmarks	29	30 Try a mindful breathing exercise today.	31			