

# Shape Family Wellness Program

Name: \_\_\_\_\_

Wellness Coach: \_\_\_\_\_

# WELLNESS CHALLENGE MINDFULNESS

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

**Instructions:** For the next four weeks, you will choose one mindful practice to focus on. Complete your chosen focus at least 5 days a week and write a reflection for each day. Here are some suggestions of what you could choose to focus on: use a meditation app, practice mindful eating, do yoga/stretching before bed, no screen use 1 hour before bed, drive to work with no music, etc. Pick something that fits in with your lifestyle and give it a try! When you are done answer the follow-up questions on the back page.

## WEEK 1 FOCUS: \_\_\_\_\_

S	M	Tu	W	Th	F	Sa

## WEEK 2 FOCUS: \_\_\_\_\_

S	M	Tu	W	Th	F	Sa

## WEEK 3 FOCUS: \_\_\_\_\_

S	M	Tu	W	Th	F	Sa

## WEEK 4 FOCUS: \_\_\_\_\_

S	M	Tu	W	Th	F	Sa

# CHALLENGE FOLLOW-UP

What was your biggest take-away from completing this challenge?

Which of the four weeks did you enjoy the most and why?

Which of the weekly focuses do you think you could continue and why?

## MINDFULNESS INFORMATION

*“To be mindful means to have the mind full—completely full of what’s happening right now.”*

### *What is mindfulness?*

Mindfulness can be defined as a mental state achieved by focusing one’s awareness on the present moment while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations.

### *Why is practicing mindfulness beneficial?*

Research has found that practicing mindfulness has the following benefits:

- Lowers stress
- Helps you get to know your true self
- Improves overall health
- Supports weight loss goals
- Helps you sleep better
- Turns a boring activity into an adventure
- Frees you from judgment
- Enables you to make wise choices
- Can improve your overall perception of happiness and sense of well-being

### *11 Actions That Can Make You Feel Happier:*

- Smiling
- Doing something for someone else
- Exercising regularly
- Getting enough sleep
- Eating healthier
- Engaging in fulfilling/meaningful work
- Having a close-knit community
- Freeing your life of clutter
- Releasing resentments
- Cultivating and expressing gratitude
- Feeling a spiritual connection and having a spiritual practice

### *Top Mindfulness Apps*



Buddify



Mindfulness App



Calm



Insight Timer



Headspace



Omvana

Get more information on mindfulness and try the Take5 guided relaxation videos on:

[www.MyShapeWeb.com](http://www.MyShapeWeb.com)

