

Pause
Breathe
Smile

Brought to schools
by Southern Cross

Make this month a Mindfulness Month!

3

Breathe in. Breathe out. Feel your body expand. Feel your body soften. Try again. How do you feel now?

4

Try to feel kindness towards yourself. Breathe in kindness for yourself. Think about the feeling of kindness. Imagine yourself happy. Smile.

5

Take regular breaks today instead of "pushing on". Breaks boost productivity and focus, improve mood, and decrease stress and anxiety.

6

Bring mindfulness into your day in little ways: enjoying a mindful cup of tea, taking a mindful walk, patting an animal. Anything can be done mindfully.

7

Reflect on your week: what was a good thing that happened?

8

When you feel upset or overwhelmed – Pause. Breathe. Drop anchor into your body.

9

Sit or lie down. Scan through your body. Notice the sensations you find.

10

Practice going for a mindful walk, noticing your feet, body and breath. Find joy or contentment in the walk.

11

Hā ki roto, hā ki waho – breathe in, breathe out.

12

Resist the urge to pull out your phone when you are alone or waiting for something. Instead, take the opportunity to focus on your breathing.

13

Get outside today for at least 10 minutes. Observe the world around you.

14

If you are on your phone, use the time wisely. Try a meditation on the Pause Breathe Smile app.

15

How did you go with your digital detox week? If you found this difficult, what was the most challenging part?

16

When you are ready for bed – try the Before Sleep track on the Pause Breathe Smile app.

17

Practicing kindness has psychological and physical benefits. Today, try the Kindness track.

18

Sit with a straight back & soft belly to influence the quality of your meditation – Try Straight Back, Soft Belly

19

Set a reminder in your phone and calendar to cue you to practice mindfulness regularly. Try Thoughts are Like Clouds practice today.

20

Only have a free 5 minutes today? Try Just Breathe on the app.

21

You've tried Straight Back, Soft Belly in English, now try in te reo Māori: Tuara Totika, on the app.

22

Ka poua tō haika, kia toka tū moana, means when you drop your anchor you become steadfast, like a rock in the crashing oceans. Try Dropping Anchor.

23

Today, try Air Outside, Air Inside, which helps us explore the interconnectedness of the air around us and moving through us.

24

Deep belly breaths help regulate our nervous system & signal the brain that it is time to relax.

25

Practice some mindful eating at one of your meals. Slow down and notice the texture, taste, sight and smells.

26

Be grateful for the food you eat today. Think about where the food was grown or who prepared the meal.

27

Take a piece of food. Notice any sound it makes. What colours is it? How does it smell? Think about the taste and texture and how you feel when you're eating it.

28

Avoid mindless eating today. Be purposeful when you eat. Find a seat. Focus on the food in front of you.

29

Can you feel gratitude toward your body for keeping you alive?

30

Challenge yourself to perform a random act of kindness for someone.

31

What has resonated with you most over mindfulness month?

Try these activities and more on the new **Pause Breathe Smile** app!



Mindfulness Month brought to you in collaboration with:

 **Mental Health Foundation**
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