

# MONTH

A Month of Mindful Moments

# DONE

**Ka mau te wehi - you made it!**

Congratulations on completing a month of mindfulness. Hopefully you've found yourself starting to tune in more often and more spontaneously, in all areas of your life.

Now you're underway, keep up the good mahi! Finding small opportunities to be mindful is one of the simplest ways we can relieve stress, lift our mood and boost our mental health – and as with any good habit, what we practise grows stronger.

Day 1

I love noticing...

Kia ora and welcome to a month of finding simple ways to tune into the here and now.

As humans, it's natural for our minds to wander. A Harvard study found we spend nearly half our waking hours thinking about something other than what we are doing in the present moment. Whether we're dwelling on the past, contemplating our to-do list or worrying about the future, this constant mind wandering can directly impact our hauora and happiness.

Being mindful is the antidote. Mindfulness has been found to reduce anxiety and stress, boost our mood and improve our focus, while also enhancing our relationships, sleep quality and general wellbeing.

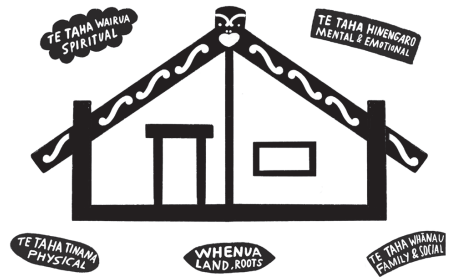
Fortunately, being mindful doesn't require quitting our jobs, selling everything we own or embarking on a silent retreat in the woods. Mindfulness is simply about being in the moment, observing our thoughts, our aurongo or emotions and the world around us.

And that's what this journal is all about – finding a small moment each day to embrace the here and now. You can write, draw or leave the pages blank, or simply use the prompts for a little bit of daily inspiration. Whatever your approach, ka pai and we hope you enjoy your mindfulness journey.

Ki te wātea te hinengaro, me te kaha rere o te wairua, ka tāea ngā mea katoa.  
When the mind is free and the spirit is willing, anything is possible.

### Te Whare Tapa Whā

The model illustrates health and wellbeing as a wharehui/meeting house with four taha/walls on a strong foundation. These walls represent taha wairua/spiritual wellbeing, taha hinengaro/mental and emotional wellbeing, taha tinana/physical wellbeing and taha whānau/family and social wellbeing. Our connection with the whenua/land forms the foundation. When one or more of these is out of balance our wellbeing is impacted. When all these things are in balance, we thrive.



The Māori holistic model of health, te whare tapa whā, reminds you to take care of all the different aspects of your life to support your wellbeing.

### Ngā mihi nui

Our warmest thanks for your incredible support. Every year, hundreds of dedicated people like you raise awareness and funds for the Mental Health Foundation and The Kindness Institute to help our organisations ensure that no one has to face a tough time alone. There are lots of ways you can stay involved.

To find out more, visit:  
thekindnessinstitute.com  
mentalhealth.org.nz

Day 2

Day 31

I am looking forward to...

I love my...

Day 30

Day 3

My favourite place is...

My breathing is...

Day 28

Day 5

I am calmest when...

This moment is...

Day 4

Day 29

I can smell...

I can hear...

Day 6

Day 27

My body feels...

In nature, I feel...

Day 26

Day 7

When I move I feel...

I feel calm when...

Day 24

Day 9

I am more mindful when...

I feel motivated when...

Day 8

Day 25

I find joy in...

I like this time of life because...

Day 10

Day 23

I am inspired by...

I am grateful for...

Day 22

Day 11

I am most content when...

Exercise helps me...

Day 20

Day 13

Today I reflect on...

I feel alive when...

Day 12

Day 21

When I walk I feel...

I'd like to try...

Day 14

Day 19

I can taste...

My whānau is...



Day 18

Day 15

I smiled when...

I can see...

Day 16

Day 17

Being myself means...

A whakataukī I like is...  
(A whakataukī is a proverb or meaningful saying)