



Create Your Calm Challenge

Calming yourself improves your mental and physical wellbeing. This “Create Your Calm” challenge includes a 2-week schedule of mindfulness, breathing, and meditation-style classes to help you to pause, breathe, and create calm. No equipment required.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<p>Intro to Meditation</p> <p>Mind-Body-Renew 7 min</p>	<p>Mindfulness 101 Connect 30 min</p> <p>OR REST</p>	<p>Body Scan Meditation</p> <p>Mind-Body-Renew 16 min</p>	<p>Write down 3 things you are thankful for this week.</p> <p>OR REST</p>	<p>Be Here Now</p> <p>Mind-Body-Renew 15 min</p>	<p>Mindful Breathing</p> <p>Connect 6 min</p>	<p>Mindfulness with Nicole Connect 5 min</p> <p>OR REST</p>
WEEK 2	<p>Sukham Mudra</p> <p>Mind-Body-Renew 8 min</p>	<p>Gratitude Meditation Mind-Body-Renew 30 min</p> <p>OR REST</p>	<p>Body Scan Meditation</p> <p>Mind-Body-Renew 16 min</p>	<p>Breathing Challenge Connect 5 min</p> <p>OR REST</p>	<p>Mindful Breath Meditation</p> <p>Mind-Body-Renew 11 min</p>	<p>Finding Stillness</p> <p>Mind-Body-Renew 17 min</p>	<p>Take 10 minutes of quiet meditation or deep breathing.</p> <p>OR REST</p>