



◆ Wellbeats

Wellness

Create Your Calm Program

Calming yourself improves your mental and physical wellbeing. This “Create Your Calm” program 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 (Mindfulness) 7 min</p> | <p>Mindfulness 101 (Mindfulness) 30 min OR Rest</p> | <p>Body Scan Meditation (Mindfulness) 16 min</p> | <p>Write down 3 things you are thankful for this week. OR Rest</p> | <p>Be Here Now (Mindfulness) 15 min</p> | <p>Mindful Breathing (Mindfulness) 6 min</p> | <p>Mindfulness with Nicole (Mindfulness) 5 min OR Rest</p> |
| WEEK 2 | <p>Sukham Mudra (Mindfulness) 8 min</p> | <p>Gratitude Meditation (Mindfulness) 30 min OR Rest</p> | <p>Body Scan Meditation (Mindfulness) 16 min</p> | <p>Breathing Challenge (Mindfulness) 5 min OR Rest</p> | <p>Mindful Breath Meditation (Mindfulness) 11 min</p> | <p>Finding Stillness (Mindfulness) 17 min</p> | <p>Take 10 minutes of quiet meditation or deep breathing. OR Rest</p> |