



Mindful Living

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>Enjoy smiling! April Fool's Day!</i>	2	3
Mindful Living ~ See the Weekly Buzz for class information.					Practice Gratitude <i>Good Friday</i>	Spend time with a favorite memory, look at photos, share a story
• Veale Wellness and Aquatic Center 440-942-4358	• jbradac@ohioliving.org					
4	5	6	7	8	9	10
Happy Easter	Practice “forest bathing” by taking a mindful nature walk	Learn a new vocabulary word and practice using it	Listen to the world around you	Practice seated Deep breathing for 5 minutes	Be mindful of eating today—savor each bite and sip	Sit quietly, close your eyes, what is your body telling you?
11	12	13	14	15	16	17
How might you enhance your spiritual well-being today?	Notice what the weather is doing right now—without judgment	Practice gratitude toward another person	PAUSE and THINK before you speak today	Take in your surroundings ~ what do you notice?	Ask yourself—“What do I need right now”?	Read a scripted meditation, notice how you feel before and after
18	19	20	21	22 <i>Earth Day</i>	23 Donate clothing or other items	24 Do a Body Scan Meditation
25	26	27	28	29	30	
Sit in quiet reflection during the sunrise or sunset	Name something about your body that you are thankful for	What can you practice letting go of in your life?	Notice what is blooming right now	Practice self-care—do something you enjoy	Notice 5 different smells today—inside and outside	

“People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don’t find myself saying, “Softens the orange a bit on the right hand corner.” I don’t try to control a sunset. I watch with awe as it unfolds.”

~ Carl Rogers