



# Mindful Living

## April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<b>Mindful Living</b> ~ See the Weekly Buzz for class information. <ul style="list-style-type: none"> <li>• Veale Wellness and Aquatic Center 440-942-4358</li> <li>• jbradac@ohioliving.org</li> </ul>				<i>Enjoy smiling!</i>  <i>April Fool's Day!</i>	<b>Practice Gratitude</b>  <i>Good Friday</i>	Spend time with a favorite memory, look at photos, share a story
4	5	6	7	8	9	10
<i>Happy Easter</i>	<b>Practice "forest bathing"</b> 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	<b>Be mindful of eating today—</b> 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	<b>Practice gratitude toward another person</b>	<b>PAUSE and THINK</b> before you speak today	<b>Take in your surroundings ~ what do you notice?</b>	Ask yourself— "What do I need right now"?	Read a scripted meditation, notice how you feel before and after
18	19	20	21	22	23	24
Spend time journaling about spring-time	Spend time in nature— touching trees, stones, leaves, flowers, etc...	<b>Connect with a friend in some way</b>	<b>Find a new use for an old item</b>	<i>Earth Day</i>	<b>Donate clothing or other items</b>	<b>Do a Body Scan Meditation</b>
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	<b>What can you practice letting go of in your life?</b>	<b>Notice what is blooming right now</b>	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, "Soften 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**