



**FITNESS**  
AT SPS TOWER

## 21 Days of Mindfulness

May is Mental Health Awareness Month, a time to focus on our mental health and personal growth. The 21 Days of Mindfulness Challenge emphasizes mindfulness and meditation, which are proven to reduce stress, alleviate anxiety and depression, and create moments of peace in our hectic schedules. By dedicating just a few minutes each day to these practices, you can strengthen your resilience, enhance your self-awareness, and find more balance in everyday life.

**Challenge Goal:** Complete one mindfulness booster of your choice each day for the next 21 days. If you complete at least 19 of 21 days, you will be entered into the prize pool to win a selfcare basket. When you have completed your log, please turn it in or email it to a Fitness at SPS Tower staff member by Tuesday, May 27th to be eligible for the raffle.

Ambiente Gallerie will be offering free massages from 11 am – 1 pm on May 6th and May 13th. Sign up for your free massage by scanning the QR Code below. Alyssa will also be leading virtual meditation classes every Monday in May at 2 pm.

Scan for massage sign up May 6th:



**LIMIT:**  
1 free chair  
massage

Scan for massage sign up May 13th:



# MINDFULNESS BOOSTERS:



## Mindful Attitude of Gratitude:

1. Before going to bed, journal or read a book for 15 minutes.
2. Take a moment and enjoying something that made you feel peace or joy today.
3. Thank someone who has recently helped you in some way or show someone your appreciation.



## Mindful Movement

4. Go on a walk outside today, without going on your phone, and enjoy your surroundings.
5. Move your body today, exercise in a way that feels right for you.
6. Attend either Amelia's full body stretch, Alyssa's Vinyasa Yoga, or Hope's Sunrise Yoga class.



## Mindful Screentime

7. Every time your phone vibrates/rings today, if it's not important, wait to respond.
8. Commit to no screen time for 1 hour before bed today.
9. Every time you feel the urge to check your phone or social media, take a deep breath, then ask yourself if you really need to check it.



## Mindful Eating/Drinking

10. At your next meal, eat without distractions (phone or tv). Enjoy someone else's company or time alone.
11. Throughout the day focus on foods that fuel your body, remove/limit processed foods & refined sugars.
12. Listen to hunger cues, while also thinking about what value your food choice is going to bring.



## Mindful Moment

13. Heal your inner child: color, do some crafts, revisit your favorite childhood sport, learn a new hobby.
14. Enjoy time with friends or family without outside distractions and avoid checking your phone.
15. Look around you and list ten things you can see, hear, feel, or smell.



## Mindful Meditation

16. Take 5, 2 minute breaks today to simply follow your breath for mini meditations.
17. Sit down and listen to your favorite song or piece of music today without doing anything else.
18. Close your eyes and listen to the sounds around you while deep breathing.



## Mindful Connection

19. Without forcing it, ask someone how they are today and listen without judgment.
20. Show a random act of kindness. Hold a door, compliment someone, share a word of encouragement.
21. Call or meet up with someone you haven't talked to or seen in a while.

# RECORD YOUR MINDFULNESS BOOSTERS:

Implement a mindfulness booster of your choice for the next 21 days. You must try at least one booster from each category over the 21 days. Record the number of the booster below. Earn an extra raffle ticket for doing 3 a day.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21

## WIN A SELF CARE BASKET!

- Tea
- Blanket
- Candle
- Bath Salts
- Essential Oils
- Affirmation Jar
- Amazon Gift Card

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

# MENTAL HEALTH CHECK-IN:

How are you feeling today?

What have been your top 3 emotions this week?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What triggers your negative emotions?

What triggers your positive emotions?

What helps improve your mental health?

What steps moving forward do you want to take to improve your mental health?

# MENTAL HEALTH RESOURCES:



## Therapy:

- 1. Better Help – offers pricing based on income
- 2. Psychology Today
- 3. Look up therapists in your area or virtual, it may take a little bit to find one that works for YOU. Do your research



## Books:

- The Mountain is You: Transforming self-sabotage into self-mastery by Brianna Wiest (Self-help)
- Atomic Habits by James Clear (Self-help)
- Don't Believe Everything You Think by Joseph Nguyen (Self-help)
- The Psychology of Money by Jason Zweig (Financial Help)
- Anxious and Avoidant: Healing the Dynamic by Rikki Cloos (Attachment Style Couple Help)
- The Power of Now by Eckhart Tolle (Spiritual Enlightenment)
- The Body Keeps Score by Bessel van der Kolk (Traumatic Stress)
- 101 Essays That Will Change the Way You Think by Brianna West (Pursuing Purpose)
- The Gifts of Imperfection by Brené Brown (Worthiness)
- Mind Over Mood by Dennis Greenberger & Christine Padesky (Mood Help)
- Inner Excellence: Train Your Mind for Extraordinary Performance and the Best Possible life by Jim Murphy (Self-Fulfillment)



## Journals:

- Journals with prompts
- Monthly Journal
- Any journal you find works for YOU



## Resources:

- Article for more mental health help
- **Call or text 988** if you or anyone you know needs immediate mental health help (suicide and crisis hotline) <https://988lifeline.org/>
- Find a mental health app that works for you