

March Well-Being Activity

Challenge:

Complete the March Mindful Madness bracket to find your preferred mindfulness activity.

Directions:

In the ultimate crossover event, get ready to participate in some **March Mindful Madness!** The first step is to print the bracket on the last page. Then, completing the bracket is easy!

The March Mindful Madness brackets include 8 pairs of activities that will be narrowed down in 15 'match ups'. To complete the bracket, you will participate in activities 15/31 days throughout the month.

The "first-round" match-ups are pre-filled with activities to get you started. Each day, select a pair of the provided activities and complete your favorite item from the pair. After completing the activity that was your favorite, move that activity on to the next round of the bracket. Each day your bracket will become more personalized and filled with your favorite mindfulness activities. By March 31 you will have two of your favorite activities going head-to-head to battle it out and be crowned champion of your bracket.

Background Education:

What is Mindfulness?

Mindfulness is the practice of intentionally bringing one's attention to the present moment without judgment. It involves observing thoughts, feelings, bodily sensations, and the surrounding environment with openness and acceptance. Rooted in ancient contemplative traditions like Buddhism, mindfulness has gained significant popularity in modern psychology and wellness practices.

Benefits of Daily Mindfulness Practices:

1. **Stress Reduction:** Mindfulness helps individuals to respond more effectively to stress by cultivating a non-reactive awareness of thoughts and emotions. It promotes relaxation and reduces the physiological and psychological impact of stress.
2. **Improved Mental Health:** Regular mindfulness practice has been associated with reduced symptoms of anxiety, depression, and other mood disorders. It enhances emotional resilience and promotes a greater sense of overall well-being.

3. **Enhanced Focus and Concentration:** By training the mind to focus on the present moment, mindfulness improves attention and concentration. This can lead to increased productivity, better decision-making, and improved performance in various tasks.

4. **Better Relationships:** Mindfulness fosters empathy, compassion, and improved emotional regulation, which are essential for building and maintaining healthy relationships. It encourages effective communication and deepens connection with others.

5. **Physical Health Benefits:** Mindfulness practices have been linked to numerous physical health benefits, including lower blood pressure, improved immune function, better sleep quality, and reduced chronic pain.

6. **Greater Self-Awareness:** Through mindfulness, individuals develop a deeper understanding of themselves, their patterns of thought and behavior, and their values and priorities. This self-awareness is the foundation for personal growth and transformation.

Incorporating mindfulness into daily life doesn't require extensive time or effort; even a few minutes of practice each day can yield significant benefits. By cultivating present-moment awareness and fostering a more compassionate relationship with oneself and others, mindfulness offers a pathway to a more fulfilling and balanced life.

MARCH MINDFUL MADNESS

1 Write down a quote that inspires you

8 Set aside time to read for pleasure

3 Try a new podcast

6 Use kind words when you speak to yourself

4 Get absorbed in a creative activity for 30+ minutes

5 Send a note of appreciation to 3 people

2 Sit quietly for 5 minutes 3x/day

7 Take a different route to work with no radio and see what you notice

1 Take 3 stretch breaks to relieve tension today

8 Take a walking break or meeting

3 Practice mindful eating – no distractions, notice taste, texture, smell of your food

6 Take a deep breath in and out each time before replying to a text or email

4 Watch a full sunrise or sunset

5 Notice when you're tired and take a break to recharge

2 Eliminate screens 60 minutes before bedtime

7 Get outside for 30+ minutes

CHAMPION

Reflection: Tell us why you chose the final activity as the champion? How will you incorporate this activity into your daily habits?
