

# Five Day Mindfulness Challenge

**15 Minutes + 5 Days = Positive Change**

This five day mindfulness challenge is the perfect stress busting lunchtime or coffee break activity!



Learn how mindfulness can easily become a daily habit by taking small, simple, achievable steps.



### **DURING THE 5 DAY CHALLENGE YOU WILL LEARN:**

- ✓ What mindfulness is, what it is not and how it can benefit your mental, physical and emotional wellbeing.
- ✓ How to embed simple and practical mindfulness techniques into your everyday life to reduce stress and improve happiness and wellbeing.
- ✓ How to declutter your mind and recognise how and why you think, feel and behave the way you do.



# DAY 1 - Mental Reset

## WHAT YOU'LL LEARN:

- ✓ A brief overview of mindfulness and the scientific benefits.
- ✓ A simple and practical technique to harness the power of the breath to reduce stress and improve happiness and wellbeing.
- ✓ How to establish a mindful trigger and make mindfulness a habit that sticks!

# DAY 2 - Waking Up

## WHAT YOU'LL LEARN:

- ✓ How to deactivate autopilot so you'll feel more awake, more present and can reclaim lost hours in your day.
- ✓ How to get out of your head and start living in the here and now.
- ✓ How to slow down and bring mindfulness into your everyday life.



## DAY 3 - The Mind

### WHAT YOU'LL LEARN:

- ✓ How your mood can powerfully drive your thoughts and how to overcome this.
- ✓ How to become more in tune with your thoughts so you can stop them steamrolling through your head causing knee-jerk reactions.
- ✓ A simple and practical technique to reframe your thinking.

## DAY 4 - Self Care

### WHAT YOU'LL LEARN:

- ✓ How your daily activities can help you to regulate your thoughts and feelings.
- ✓ How to cultivate activities that will help you to look after yourself.
- ✓ Why a daily self care routine can help support a happier, healthier outlook on life.



# DAY 5 - The Body

## WHAT YOU'LL LEARN:

- ✓ How to reconnect with yourself physically and emotionally to stop negative patterns from establishing themselves.
- ✓ How to identify when your body is run down, exhausted or stressed.
- ✓ How your thoughts and feelings can manifest as physical sensations.

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*Karen's bitesize guided mindfulness session is perfect for grounding yourself and bringing yourself back into the present moment. I loved the sessions and always look forward to the next one!*

DANIEL BARRON - ATTENDEE

# FAQ's

## How long is each session

Each session is 15 minutes in duration making it the perfect lunch time or coffee break activity.

## Do I need to complete a mindfulness task every day

Yes! Each day you will be given a simple mindfulness task to complete. This will help you to make mindfulness a habit that sticks!

## Are there additional resources

Yes! Each day you will receive a worksheet that has additional information and bonus material.

## What if I miss a day

No problem! You can just catch up on the replays as each session will be recorded.

## Will this challenge help me to reduce stress and increase levels of happiness

Like anything, the more you do it, the easier it gets. This challenge will give you simple mindfulness tools and techniques to reduce stress and increase levels of happiness and wellbeing but you will need to practice it on a regular basis to ensure you feel the benefits.

# Let's Get Started!

This five day mindfulness challenge is a great way to bring mindfulness into a busy workplace.

If you are interested in learning more or would like to have a conversation then please get in contact.

I look forward to bringing mindfulness to  
your organisation!

*Karen Farrell*



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