



TRAUMATIC
STRESS
INSTITUTE

30-Day RC Mindfulness Challenge January/February 2022

30-Day RC Mindfulness Challenge Tracking Calendar

Invitation – Print this calendar and place it at your work station for easy access, use and inspiration.

Mindfulness is about noticing what is happening right now with kindness, no matter what it is. Formal mindfulness practices (sitting, walking, standing, focused attention, body scan, compassion and gratitude meditations) help build the capacity to be mindful. **Think of these practices as taking your mind to the gym.** Informal practices (mindful eating, email, conversation, Zoom, etc.) can be used to further strengthen and apply your mindfulness muscles to be more fully present in the moment-to-moment interactions of your work and life experiences.

During the 30-Day Challenge we will engage in formal mindfulness practices during the Wednesday sessions and you are encouraged to engage in and track the amount of formal mindfulness you practice throughout the Challenge. **Studies have shown that 10-15 minutes of formal practice per day can produce a host of benefits.**

Set an intention for the amount of formal practice you wish to complete during the Challenge (e.g. 15 minutes/day 3 days/week; 10 minutes/day 5 days/week; experiment with different support anchors; experiment with different types of practice). The calendar offers inspirational practice tips, trauma-sensitive reminders, and a circle on each day for keeping track your minutes of formal practice. Be safe and have fun!

Join us live on Zoom, Wednesdays from 12:00-12:30 pm EST, for community practice.

notes

30-Day RC Mindfulness Challenge

January/February 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	4	5 Challenge Orientation Zoom Session, 12:00-12:30 EST	6 Post your Challenge intention at your work station	7 Tell a co-worker about the Challenge and your intention	8 Tell a friend about the Challenge and your intention	9 Notice what it feels like to tell others about the Challenge
10 Tell a family member, too. Ask for their support	11 Set a reminder to attend the Wednesday session	12 Week 1 Start Zoom Session, 12:00-12:30 EST	13 Practice Compassion meditation as learned yesterday	14 Notice your experience of Compassion meditation	15 Modify, shorten or stop practice if overwhelmed	16 Consider writing a self-compassion note to yourself
17 Renew your Challenge intention	18 Set a reminder to attend the Wednesday session	19 Week 2 Start Zoom Session, 12:00-12:30 EST	20 Practice Focused Attention meditation from yesterday	21 Try different internal support anchors - hands, feet, seat, breath	22 Modify, shorten or stop practice if overwhelmed	23 Try different external anchors - sound, smells, sights
24 Renew your Challenge intention	25 Set a reminder to attend the Wednesday session	26 Week 3 Start Zoom Session, 12:00-12:30 EST	27 Practice Walking meditation from yesterday	28 Try different internal support anchors - hands, feet, seat, breath	29 Modify, shorten or stop practice if overwhelmed	30 Try different external anchors - sound, smells, sights
31 Renew your Challenge intention	1 Set a reminder to attend the Wednesday session	2 Week 4 Start Zoom Session, 12:00-12:30 EST	3 Practice Body Scan meditation from yesterday	4 Reflect: What practices feel best for you?	5 Modify, shorten or stop practice if overwhelmed	6 Notice different body parts during the Body Scan
7 Renew your Challenge intention	8 Set a reminder to attend the Wednesday session	9 Celebration Zoom Session, 12:00-12:30 EST	10 Tell someone about your mindfulness experience	11 Challenge Totals:	12 Total # Minutes practiced:	13 # Days of 5+ minute practice:

Feel free to jot down feelings, reflections, and insights from your Challenge experience.

notes