



## Mindfulness RENEW Challenge

**Objective:** To practice mindfulness exercises on a regular basis for a variety of health benefits.

**Time Duration:** This is a four-week challenge, but can also be shortened.

**How to Play:** For every activity completed, cross it out on your RENEW card.

### What is Mindfulness?

Simply put, this is the act of paying close attention to your thoughts, feelings and sensations as they're happening. This is sometimes called being present in the moment. When your thoughts drift away from being "present," just notice it and gently redirect your attention back without being critical of yourself. According to research, regular practice of mindfulness – even for short periods – provides a variety of health benefits, such as improving your focus, decreasing anxiety, reducing depression and boosting your immune system.

### Why Renew?

The meaning of renew is to make or become new, fresh or strong again.



## Mindfulness RENEW Challenge

### Getting Started:

1. Choose a start date for the challenge.
  2. Establish a week-long sign up period before the challenge begins.
  3. Determine how participants' RENEW cards will be scored (e.g., does simply completing the RENEW card mean participants automatically win a prize, do participants have to complete so many activities to then be entered into a prize drawing, etc.) and how RENEW winners will be rewarded (e.g., certificate, trophy, intranet spotlight).
  4. Announce the challenge to employees! (e.g., email, intranet)
  5. At the close of the sign-up period, contact all participants to share the following:
    - A challenge welcome
    - Challenge start and end date
    - Challenge instructions
    - Details about how to submit RENEW cards for scoring
    - Details about how RENEW winners will be rewarded
- NOTE: Don't forget to BCC participants if contacting them via email.*
6. Print or email the "Mindfulness RENEW Card" to all participants.
  7. Each week of the challenge, send participants a friendly email encouraging their participation in the challenge. This can include tips and inspirational quotes.
  8. During the final week of the challenge, send out a reminder to participants to submit their RENEW cards. \*This is how you will determine the winner!
  9. Recognize and reward the RENEW winners!

### Materials Needed:

- ☐ Sign-Up Sheet
- ☐ RENEW Cards
- ☐ Prizes (optional)

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## Weekly Inspirational Quotes to Participants:

### **Week 1**

*“Mindfulness is the aware, balanced acceptance of the present experience. It isn’t more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it.”*

- Sylvia Boorstein

### **Week 2**

*“The best way to capture moments is to pay attention. This is how we cultivate mindfulness. Mindfulness means being awake. It means knowing what you are doing.”*

- Jon Kabat-Zinn

### **Week 3**

*“Pure awareness transcends thinking. It allows you to step outside the chattering negative self-talk and your reactive impulses and emotions. It allows you to look at the world once again with open eyes. And when you do so, a sense of wonder and quiet contentment begins to reappear in your life.”*

- Mark Williams

### **Week 4**

*“The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself.”*

- Henry Miller

R	E	N	E	W
Focus: Choose an object near you. Shift energy on that object. What does it feel like? What does it smell like?	Focus on Your Food: Look at the food on your plate. Notice how each bite feels and tastes. Take time to enjoy the taste and smell of the food.	Spend the Day Smiling: You might make someone else smile too!	5 Senses Technique: Right now, think of what you see, feel, hear, smell and taste. Try this at different times of the day.	Sleep: Go to bed early, read, relax, do some yoga, sleep soundly and wake up refreshed!
Yawn: Yawn and stretch for 10 seconds every hour. Do a fake yawn if you have to. That will trigger real ones. Notice how a yawn interrupts your thoughts and feelings.	Bed-Making: As a moving meditation, mindfully breathe while smoothing and tucking your sheets. Make your bed your absolute and only focus for a few moments.	Body Scan: Close your eyes. In a chair or lying down, do a scan of every part of your body. For every breath, focus on each part.	Aspire: Ask yourself— What is my heart's aspiration? Pause for about 20 seconds. Do this a second time and write down what comes. Perhaps it is to be kind to yourself or to be patient.	Stop When Full: Stop eating when you're full – there's no need to join the clean plate club if it means overeating.
Rearrange Your Space: Choose a space to change up (e.g., your work station, bedroom, closet). Try the 5 Senses Technique before and after rearranging, for comparison.	Wait in Line: Take a few deep breaths to center yourself while waiting. Acknowledge your immediate surroundings and the presence of others while wishing them well.	FREE SPACE	Create a Calm Eating Environment: With less chaos, you can focus on what you are eating. Turn off the TV and computer, put away newspapers, books, and magazines, and try not to eat on the run.	Get Out in Nature: Sit, stand or walk through nature and notice things around you (e.g., animals, noises, shape of clouds).
Stretch: Stretch your back, neck and shoulders especially if you've been staring at a screen. Stand up and stretch from your fingertips to your toes.	Immersion: Take a simple task that has become automatic to you and shift the focus by changing it up (e.g., taking a different route to work). Notice things you never noticed before.	Happy Place: Can you imagine yourself on a beach or in a garden? Visualize that you're truly in your happy place, and then simply rest in the imagery of it for a few minutes to de-stress.	Breathing: Shift awareness to your breathing. Focus on the intensity of your inhale and exhale; the rise and fall of your chest. Observe your heart rate.	Choose Wisely: Ask yourself if you feel satisfied with what you just ate. If yes, what parts of the meal helped you to feel that way? If no, what should you do differently next time?
Ponder: Check in with yourself about your hunger before you eat – you may actually be thirsty, bored or stressed.	Shift to the Positive: Cheers to a new perspective! See the glass half-full. A positive outlook can make you happier and healthier.	Daily Intention: Create an intention for the day. Whatever you want your focus to be for the day, make it your intention (e.g., finding happiness in every situation).	Drink Enough Water: When you're dehydrated, you feel sluggish and less alert. Keep a water bottle nearby and sip regularly.	Gratitude Note: On a piece of paper, write down as many things that you are grateful for that you have right now.