

# Military OneSource

## Mindfulness Tip of the Day



Mindfulness is the practice of being present and focused in the moment. Use our calendar to learn a new mindfulness tip every day in October!

### October 2014

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			<b>01</b> Drive a different route to or from your destination. You never know what you might be missing.	<b>02</b> Notice your posture. Good posture is linked to mood and well-being.	<b>03</b> Get outdoors! Enjoy the sunshine, watch the rain, smell the flowers. 	<b>04</b> Plan for a technology-free day. Unplug and unwind in your natural surroundings.
<b>05</b> Start a mindfulness journal as a way to keep track of what you observe each day.	<b>06</b> Reduce your carbon footprint by using public transportation, biking or walking to your destination.	<b>07</b> Call someone you haven't talked to in a while and tell them how much you appreciate them.	 <b>08</b> Rejuvenate your mind and body with fresh, healthy foods.	<b>09</b> Take notice of your environment. What do you see? Hear? Smell? Feel? Taste?	<b>10</b> Whether it's your job, volunteer work or time with your family, take pleasure in your work.	<b>11</b> Be present in your interactions with others. Actively listen and engage during conversations.
<b>12</b> Be aware of your breathing. Spend three minutes observing each breath you take. 	<b>13</b> Practice meditation at the beginning or end of the day.	<b>14</b> Take time throughout your day to notice what you are thinking and feeling without judgment.	<b>15</b> Dedicate five minutes each day to doing absolutely nothing. 	<b>16</b> Simplify your to-do list by prioritizing tasks and breaking large projects into smaller ones.	<b>17</b> Practicing techniques like yoga and deep breathing can help to keep you calm. 	<b>18</b> Use meal time as a mindful practice. Focus on tasting your food and the act of chewing.
<b>19</b> Do something nice for someone without being asked or expecting anything in return.	 <b>20</b> Reduce, reuse, and recycle! Be kind to the environment.	<b>21</b> Find the humor in life. Create an opportunity to laugh each day.	<b>22</b> Be thankful for small blessings and grateful for the things you have in life.	<b>23</b> Step back and consider a situation without judgment. 	<b>24</b> Be conscious of the amount of water you use, and use it efficiently.	<b>25</b> Pause between tasks to clear your head and recognize your accomplishments for the day.
<b>26</b> Appreciate simplicity. Go without excess or luxury for a day.	<b>27</b> Make time in your busy day to observe your thoughts and feelings.	<b>28</b> Listen to your favorite music and notice how the music makes you feel. 	<b>29</b> Express gratitude toward yourself. What traits and characteristics are you grateful to have?	<b>30</b> Write about something or someone you feel grateful for in your life today.	<b>31</b> Use chores as an opportunity for meditation. 	

Call. 800-342-9647

Click. [MilitaryOneSource.mil](http://MilitaryOneSource.mil)

Connect. 24/7