

Mindful May

This month, focus each day on being a little more mindful with these tips/ideas:

- [Get started with mindfulness by following these tips](#)
- [Practice mindful eating](#)
- [Go for a mindful walk](#)
- [Practice mindful listening](#)

May 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Stay in the know! Join the cu_wellness@creighton.edu list serve and/or like our [Creighton Employee Wellness Facebook page](#)



1
It's not too late to join the **Quarantine Challenge**. [Click here for details.](#)

2
Prepare your garden beds for flowers and veggie plants.



3
Add native grasses to your yard—they are easy to maintain and look great.



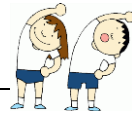
4
Try Meatless Monday meals. Experiment with [25 Meatless Monday Recipes](#).



5
Virtual Wake Up Workouts happen every Tuesday and Thursday, 6:45-7:15 a.m. Email [Amanda](#) to join the group.



6
Get up for stretching breaks once every hour.



7
Take breaks to prevent computer eye strain. Apps like [Time Out](#) can remind you.



8
For the next 24-hours post only positive messages on social media.



9
Nurseries are open – wear your mask and view the plant options for your gardens.

10
Celebrate **Mother's Day**— Call your mother or try to get some “me” time if you are a mother

11
Practice [mindful eating](#) today.

12
Spiritual Wellness reminder to check the [Creighton Daily Reflections](#) every day

13
Join us for virtual yoga every Wednesday from 7:30-8:00 am. Email [Amanda](#) to get started.

14
Plant a vegetable garden – check out the [Burpee website](#) for tips



15
National Bike To Work Day—take your bike for a spin around the block (or get out for a walk)



16
If the State parks are open, take a road trip. Enjoy the trails and spring blossoms.

17
Today is **World Hypertension Day**. When was the last time you checked your blood pressure?

18
The Maintain For Life Challenges starts **TODAY!** [Sign up in the SimplyWell Portal](#).

19
[Ergonomic Check](#). Making a work station is tough. Check in to decrease future pain.

20
Follow these tips to be adequately [hydrated](#) while working from home.



21
Homeschooling & working from home [strategies](#).



22
Take care of yourself. [Complete this 5 minute muscle relaxation](#)

23
It's **Eat More Fruits & Veggies Day!** [Try](#) out a new recipe.



24
Homemade hand sanitizer: 2/3 cup rubbing alcohol + 1/3 cup aloe vera + essential oil (optional)



25
Happy Memorial Day Here's a [link](#) to light recipes - try something new.

26
Take a walk in the **sunshine** before “arriving” back to your home office space.



27
If you have a window in your home office, open for fresh air each afternoon.



28
[Working from home tips](#): Productivity, Mental Health & more

29
Be firm about work vs. home boundaries! Begin & end work duties the same time every day.

30
Acts of kindness. Doing something kind for others, helps that person, but also feels great.



31
[Coloring books](#) are an easy way to relax, pass the time and calm the mind.



We believe in the Jesuit value of cura personalis: care of the whole person.