



Create Your Calm Program

Calming yourself improves your mental and physical wellbeing. This “Create Your Calm” program includes a 2-week schedule of mindfulness, breathing, and meditation-style classes to help you to pause, breathe, and create calm. No equipment required.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Intro to Meditation (Mindfulness) 7 min	Mindfulness 101 (Mindfulness) 30 min OR Rest	Body Scan Meditation (Mindfulness) 16 min	Write down 3 things you are thankful for this week. OR Rest	Be Here Now (Mindfulness) 15 min	Mindful Breathing (Mindfulness) 6 min	Mindfulness with Nicole (Mindfulness) 5 min OR Rest
WEEK 2	Sukham Mudra (Mindfulness) 8 min	Gratitude Meditation (Mindfulness) 30 min OR Rest	Body Scan Meditation (Mindfulness) 16 min	Breathing Challenge (Mindfulness) 5 min OR Rest	Mindful Breath Meditation (Mindfulness) 11 min	Finding Stillness (Mindfulness) 17 min	Take 10 minutes of quiet meditation or deep breathing. OR Rest