

Mental Health Awareness Month

31 Days of Mindfulness Activities

1

Sleep

Foster a healthy foundation with restful and sufficient sleep.

2

Smell the Flowers

Smell is a great way to be mindful. It anchors us to the current moment.

3

Create a Safe Place

Pause in your day and reflect. Scan the QR code to practice this technique.

4

Get Grounded

Engage in your senses and focus on the current moment.

5

Watch Wildlife

Bring your attention to the space around you.

6

Connect to Culture

Practice subsistence. Hunt, pick berries, fish, or gather traditional plants.

7

Exercise

Attend a virtual or in-person exercise class.

8

Watch the Clouds

Stop to watch the sky or clouds for 5-10 minutes.

9

Explore a New Trail

Alaska has endless options of public trails to experience.

10

Take a 15 Minute Walk

Notice the sound of your steps. Enjoy the beauty around you.

11

Five Senses

Focus on what you see, hear, feel, taste, and smell.

12

Calming Breaths

Engage in calming breaths. Scan the QR code to practice this technique.

13

Collect Memories

Reflect on a recent pleasant experience. Scan the QR code for this activity.

14

Declutter

Clear space and mind. Take 10-15 minutes to complete a chore.

15

Art Therapy

Get creative with an art project! Express yourself and connect with your emotions.

16

Wear Green

Today is Mental Health Action Day. Bring awareness and show support!

17

Ask For Support

You are not alone. Connect with a loved one or your primary care team for support.

18

Self Care

Evaluate your needs and try to invest time in something you enjoy.

19

Catch Some Rays

Spend time outside to reduce stress and get vitamin D.

20

Connection

Plan time to connect with family or friends.

21

Stretch

Get moving! Tune into your body.

22

Goal Setting

Think about your short and long-term goals.

23

Healthy Eating

Try a new recipe.

24

Journaling

Reflect on your thoughts, feelings and experiences.

25

Give Yourself Praise

Take a moment to reflect on your accomplishments.

26

Gratitude

Cultivate a more grateful mindset.

27

Pause

Hold space to re-energize and slow down.

28

Alone Time

Take time to do something for yourself.

29

Listen to Music

Play your favorite tunes. Connect with the words, rhythms, and sounds.

30

Take Break

Recharge and refresh.

31

Pat on the Back

Show yourself compassion and honor your progress.

