



Create Your Calm Program

Calming yourself improves your mental and physical wellbeing. This “Create Your Calm” plan includes a 2-week schedule of mindfulness, breathing, and meditation-style classes to help you to pause, breathe, and create calm.

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