

## **Mindful March**

### **Awareness- Live Life Mindfully**

This month is **'Mindful March'** and we will be thinking about how we can live our lives more **'Mindfully'**.

Mindful March focuses on daily, simple acts to boost wellbeing and reduce stress by slowing down, practicing gratitude, and staying present.

### **Key ideas that could support you to be mindful in your day to day lives:**

- **Awareness & Nature:**
  - Take a "mindful walk" and focus on the sensations, sounds, and sights around you.
  - Spend time outside and feel the weather on your face.
  - Spot three things you find beautiful in nature.
- **Mindful Living & Daily Tasks:**
  - Eat slowly, appreciating the taste, smell, and texture of your food.
  - Practice mindful cleaning or chores, focusing on the sensations of the activity.
  - Turn off your phone and take a "no plans" day.
  - Start your day without immediately checking your phone.
- **Kindness & Reflection:**
  - Write down three things you are grateful for.
  - Practice kind self-talk and send love to someone you care about.
  - Perform a random act of kindness, like buying someone a coffee or leaving a nice note.
  - Listen deeply to someone without planning your response.

- Below is a Daily Mindfulness checklist that you could complete:

### My Daily Mindfulness Checklist

Time	Mindful Habit	Completed?
Morning	<b>The First Sip:</b> Focus only on your morning tea or coffee.	<input type="checkbox"/>
	<b>The "Doorway" Pause:</b> Pause for a second as you enter each room.	<input type="checkbox"/>
Midday	<b>Sensory Shower:</b> Notice water temperature and soap scents.	<input type="checkbox"/>
	<b>Hand-Washing Zen:</b> A 20-second micro-meditation while washing.	<input type="checkbox"/>
	<b>Red Light Reset:</b> Take 3 slow breaths during any wait or pause.	<input type="checkbox"/>
Afternoon	<b>Single-Task Eating:</b> Eat 5 bites of lunch without distractions.	<input type="checkbox"/>
	<b>Mindful Commute:</b> Spend 5 mins in silence observing surroundings.	<input type="checkbox"/>
Evening	<b>Three-Things Walk:</b> Name 3 sights, 2 sounds, and 1 feeling.	<input type="checkbox"/>
	<b>Digital Sunset:</b> Put your phone away 30 minutes before bed.	<input type="checkbox"/>
	<b>Gratitude Scan:</b> Recall 3 things that went well today.	<input type="checkbox"/>

For a structured approach, you can follow the Action for Happiness Mindful March calendar, which provides a specific prompt for each day.

**Mindful March 2026**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else
22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**