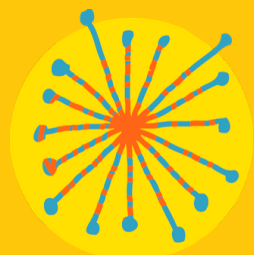


# MAY MENTAL HEALTH MONTH

## Meditation Challenge

Inspiration for every day.



mghclaycenter.org

SUN	MON	TUE	WED	THU	FRI	SAT
					1 <b>Set a goal:</b> What is your meditation goal for this month?	2 <b>Keep in mind:</b> Even 10 minutes makes a difference.
3 Start your morning with 10 deep breaths.	4 Search for the perfect place to sit. ←	5 What is something that makes you feel calm? <i>Children's</i>	6 Meditation is a human super power! <i>Mental Health Week</i>	7 When you're very quiet, what sounds do you hear?	8 Spend time thinking about someone you love. →	9 What is something you are thankful for?
10 Word of the week: <b>Nature</b>	11 "The breeze at dawn has secrets to tell you." ~ Rumi	12 <b>Reminder:</b> Put on your own oxygen mask first.	13 "Nature does not hurry, yet everything is accomplished." ~ Lao Tzu	14 <b>Focus on:</b> A scene from nature.	15 "Each morning we are born again." ~ Buddha	16 <b>Recall:</b> Most calming nature experience this week?
17 Word of the week: <b>Peace</b>	18 "Each moment is all we need, not more." ~ Mother Teresa	19 <b>Reminder:</b> Thoughts are not facts.	20 "Peace comes from within. Do not seek it without." ~ Buddha	21 <b>Focus on:</b> Calming sounds.	22 "Be soft. Do not let the world make you hard." ~ Iain Thomas	23 <b>Recall:</b> In what did you find peace this week?
24 Word of the week: <b>Still</b>	25 "Quiet the mind and the soul will speak." ~ Ma Jaya Sati Bhagavati	26 <b>Reminder:</b> All of your feelings are valid.	27 "To the mind that is still, the whole universe surrenders." ~ Lao Tzu	28 <b>Focus on:</b> Simply being.	29 "Being mindful means that we suspend judgment for a time..." ~ Mark Williams	30 <b>Recall:</b> How did your mind and body feel after being still?
31 Word of the week: <b>Gratitude</b>  Thank you for joining us in this journey.						