NAME: **MONTH:**

Compassionate Care Initiative
at the University of Virginia

Option A – One Wellbeing Practice a Day

Great for exploring what works best for you.

- Check the ones you try
- Star the ones you like the best
- Record notes about your insights & discoveries

Insights & Discoveries:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Do a 5-minute meditation on an app. (UVA has free access to Insight Timer's premium content!)	Listen to a pump up song.	Go outside, take 10 deep breaths in and out in the fresh air.	Hydrate. Every hour grab a glass of water.	Set a positive intention for the day.	Eat one meal with your non-dominant hand.	Tell your partner/family you appreciate them.
Set aside 5 minutes for some free-flow writing - vent, create, whatever.	Share your favorite joke or funny video with a friend or loved one.	Create tech boundaries. Set a time block when you will not look at emails or your phone. Start small.	Change your perspective. Sit in a different seat in class, at the cafeteria or on the bus.	Call someone you enjoy speaking with and maybe haven't talked to recently.	Identify something you are great at and remind yourself at meals and bedtime.	Walk/jog/bike around the block.
Identify three things you are grateful for today and bring them to mind or write them down before bed.	Become aware of your senses. What is one thing you hear, see, taste, smell and feel/touch.	Practice admiration. Look out a window and identify three things you admire or had not noticed before.	MOVE. Set a timer to alert you every 45 minutes to stand up and do 60 seconds of movement.	Do some box breathing (inhale 4 seconds, hold 4 seconds, exhale 4 seconds, hold 4 seconds, repeat 5x)	As you encounter people throughout the day, say to yourself "just like me, they want to be… (e.g. happy, healthy, loved)"	SAVOR your favorite treat – a piece of dark chocolate, ice cream.
Write a love letter to yourself.	Write a 'Ta-da list' of all the things you've accomplished today.	Hug someone…maybe even yourself!	Start your day with some positive affirmations.	STRETCH. Maybe try a sun salutation or some cat/cows. Listen to what your body wants.	Prioritize and practice sleep. Maybe even take a short nap today!	Take your shoes off and roll your feet on a tennis ball.
BONUS PRACTICES!						
STOP and focus on your breathing for 2 minutes.	Acknowledge one person who made a difference to you.	Book a catch up with someone you enjoy spending time with.	Do a body scan meditation.	On your way to class or work, identify three things you had not noticed before.	Set aside 5 minutes to color, draw, doodle or paint.	Check in with yourself throughout the day and give yourself what you need.
Set aside 10 minutes in the day to plan your meals and snacks. Prep helps you avoid unhealthy choices later.	Look away from your computer/phone into the distance every hour for a few seconds.	Pick a color and notice how many times you see it throughout the day.	Choose one ordinary, everyday task - washing hands, folding laundry, standing in line - and do it with presence.	At the end of the day, lay down and place your legs up the wall for five minutes.	Enjoy a meal without distractions (e.g. phone, TV, etc.)	Spend time in your favorite place.

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Option B – Small Moments, Many Times a Day

Great for learning and reinforcing a new habit

- What do you want to practice? When? Why?
- Keep track of how often you follow through – TIP: integrate your practice throughout the day while doing what you normally do
- Make notes about what you learned along the way
- Try a new practice each week!

Insights & Discoveries:

INTENTION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Example: • Take 3 deep breaths several times a day to balance my nervous system	-drinking coffee in the morning -during church -going to sleep	-on my walk to school/work -eating lunch -while studying	-in the shower -before speaking with a patient -on the way home	-before getting out of bed -on the phone with my mom -while studying	-prepping for a test - during test -relaxing after test	-getting up -talking with a difficult person -going out with friends	-cleaning my house -doing laundry -playing with my dog or cat
Week 1							
Week 2							
Week 3							
Week 4							

Other examples: Grounding - pausing to feel into the contact points of the body; Seeing - Pick a color and see if/when/where you notice it and be curious; Awareness- briefly close eyes and notice where the attention is, then open the eyes and notice what happens to the attention. Move back and forth, becoming aware of what's happening inside and outside.