

MARCH MINDFULNESS

Gratitude Journal for 15 minutes

15 minute power nap

Listen to your favorite playlist or album

Have a mini dance party

Drink tea mindfully

Savor your favorite snack

Stretch break between classes

No phone between classes

Write a positive affirmation

Send a kind message to a friend

Color for 1 hour

Work on a puzzle for 1 hour

Take a photograph of campus scenery

Find a new study spot

Attend a student event on campus

Yoga class with

Recreation & Wellbeing

Walking Meditation (Arboretum Walk)

Walk or bike to Little Italy

Listen to a 5-10 minute Guided Meditation

Listen to a 5-10 minute Body Scan

Call a friend or loved one

Try a face mask

5 minute deep breathing

5 minute chair yoga

Social Media Free Evening

Watch the sunset from UIC's East Campus

Read one (1) chapter of a book

Listen to one (1) podcast episode

Declutter your closet

Declutter your photo album

Try a new craft

Try a new recipe in the JJST test kitchen



Name:
UIC Email:

Instructions

We're kicking off March Madness, but with a twist!

To complete the March Madness Mindfulness Bracket, you'll go head-to-head with different mindfulness challenges, just like a basketball tournament! Each round, you'll be given two mindfulness activities to choose from. Try both activities and see which one you like best. Once you've completed both challenges, pick the one that felt most enjoyable or helpful to you. The activity you choose will move on to the next round, and you'll keep going through the bracket, doing the challenges and picking your favorites, until you have one final mindfulness activity that you enjoy the most. This is a fun way to explore different ways to relax, focus, and take care of your mind!

Complete this bracket and turn it into the Fitwell Center at the Student Recreation Facility to enter our raffle for fitness and mindfulness related prizes!

Raffle drawings will occur after the championship game.

Happy March Madness!