



THE weekend reset challenge

WEEK 7

7 weekend practices to start your week calm, connected, and confident!



Finding time for stillness in our hectic lives is like finding a hidden boost for our health. Think of such practices as a powerful tool to both reduce cortisol levels to reduce things like tension and anxiety while increasing things like focus and judgment. Research tells us that the benefits don't stop there—practicing stillness is like a workout for our well-being, boosting immune function, supporting heart health, and even easing physical pain. And here's the best part: incorporating stillness doesn't require a lengthy retreat or hours of time; just a few moments focusing on your breath or a quick meditation session can work wonders. And it can do a world of good!



WHAT MIGHT HOLD YOU BACK

- lack of time
- misconceptions
- initial discomfort
- uncertainty with how to



RESEARCH CONNECTIONS

[Health benefits of meditation](#)

[Psychobiological mechanisms underlying the mood benefits of meditation: A narrative review](#)

[Meditation, health and scientific investigations: Review of the literature](#)

[The benefits of mindfulness meditation: Changes in emotional states of depression, anxiety, and stress](#)

[Mindfulness interventions](#)



FOR FURTHER EXPLORATION

[TED Talk: The Art of Stillness](#)

[Stillness is the Key: An Ancient Strategy for Modern Life](#)

[Free Meditation Apps Worthy of Your Attention](#)

[Think Like a Monk: Train Your Mind for Peace and Purpose Every Day](#)

[Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day](#)

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-Dr. Joni Turville



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Stillness



This Weekend's To-Do

Over the weekend, incorporate ALL 7 practices. Customize and combine strategies, or choose options that demand less time and preparation.

Less Time and Planning

- do a body scan
- take a short, silent walk
- meditate
- use a coloring book
- knit, crochet, or bead
- walk or sit in nature
- do a guided meditation
- use a meditation app
- play relaxing music
- try mindful eating
- sit in silence
- use a binaural app
- take a bath
- use aromatherapy
- cloud watch
- drink a cup of tea
- belly breathe
- set an intention
- turn off device notifications
- set device reminders to take a mindfulness moment
- go barefoot
- watch a sunrise or sunset

More Time and Planning

- sign up for a breathwork class
- find or make a labyrinth and walk it
- read a book on mindfulness or meditation
- take a meditation course
- draw or paint
- do a digital detox
- attend a meditation retreat
- use a biofeedback device
- take a yoga class
- create a screen curfew
- do a silent retreat
- use a progressive muscle relaxation video or app
- create a mindfulness or meditation space
- read a book about mindfulness or meditation
- do a weekend digital detox
- try mindfulness therapy
- try a virtual reality mindfulness experience
- create tech-free zones in your home
- create a mindfulness journal
- try forest bathing
- take an online course in meditation or mindfulness
- create a bedtime routine to quiet your body and mind

TRACK

Download The Weekend Reset Challenge Tracker to record this weekend's activities: **Connect-Outdoors-Move-Plan-Appreciation-Spark-Stillness!**



REFLECT

Download The Weekend Reset Journal to reflect on how the weekend went and how you feel about the upcoming week

