

30 Day Mindfulness Guide

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1 Body scan 45 mins	2 Breath based meditation 18 mins	3 Easy relax 22 mins	4 Seated meditation 35 mins	5 Morning meditation 13 mins	6 Sweet dreams 18 mins	7 Stress reducer 20 mins
8 Comma meditation 1 min	9 Anti-anxiety practice 13 mins	10 Body scan 20 mins	11 Soothe away pain 20 mins	12 Affirmation meditation 15 mins	13 Me time meditation 15 mins	14 Mindful movement 25 mins
15 Time to unwind 18 mins	16 A call to rest 18 mins	17 Wake up meditation 15 mins	18 A few minutes peace 10 mins	19 Healing for a racing heart 12 mins	20 Open the flow 16 mins	21 Reset, refuel, refresh 8 mins
22 Total relax 25 mins	23 Luxurious breathing 14 mins	24 Self-soothing 15 mins	25 Claim my power 16 mins	26 Nurturing Beginnings 12 mins	27 Gateway to sleep 15 mins	28 Back to happy 15 mins
29 Love and Rest 22 mins	30 Feel brighter on the inside 22 mins					



Scan the QR code to find the guided meditations or go to:
overcomingms.org/mindfulness-guide