

WEEK 1 #MeditateInMay

MONDAY 4 Meditate for 2 minutes.	TUESDAY 5 Try equal breathing for 3 to 5 minutes.	WEDNESDAY 6 Meditate repeating the mantra "peace."	THURSDAY 7 Take 10 deep breaths before you start your day and/or before bed.	FRIDAY 8 Meditate for 3 minutes.
SATURDAY 9 Practice alternate nostril breathing for at least 1 minute.	SUNDAY 10 Meditate repeating the mantra "I am calm and centered."			

WEEK 2 #MeditateInMay

MONDAY 11	TUESDAY 12	WEDNESDAY 13 <small>Add a little bit of body text</small>	THURSDAY 14	FRIDAY 15
<p>Do a walking meditation.</p>	<p>Take 10 deep breaths before you start your day and/or before bed.</p>	<p>Practice 4-7-8 breathing technique for at least 1 minute.</p>	<p>Meditate repeating the mantra "I choose peace."</p>	<p>Practice the 'Guided Meditation to Get Grounded' on YouTube.</p>
SATURDAY 16	SUNDAY 17			
<p>Meditate for 3 minutes.</p>	<p>Practice visualization meditation.</p>			

WEEK 3 #MeditateInMay

MONDAY 18 Do a walking meditation.	TUESDAY 19 Practice the 'Guided Meditation for Self-love & Self-worth' on YouTube.	WEDNESDAY 20 Practice body scan meditation.	THURSDAY 21 Take 10 deep breaths before you start your day and/or before bed.	FRIDAY 22 Meditate for 4 minutes.
SATURDAY 23 Meditate repeating the mantra "I inhale calm and exhale worry."	SUNDAY 24 Practice mindfulness meditation.			

WEEK 4 #MeditateInMay

MONDAY 25 Meditate for 5 minutes.	TUESDAY 26 Meditate repeating the mantra "relax."	WEDNESDAY 27 Practice concentration meditation.	THURSDAY 28 Meditate for 7 minutes.	FRIDAY 29 Take 10 deep breaths before you start your day and/or before bed.
SATURDAY 30 Practice 'Everything Is Working Out' guided meditation on YouTube.	SUNDAY 31 Meditate repeating the mantra, "I trust my journey."	Get more resources and tips for finding calm here .		