Cape Cod Municipal Health Group
Monthly Challenges

October Meditation Challenge

Our Meditation challenge will require members to complete 15 daily meditations. You will be required to keep a log (on page 2) of your 15 "days" and turn that in via post/picture at the end of the month. You will also be required to add three pictures/posts of yourself practicing meditation and/or being still in a quiet space. This challenge does require you to be on Facebook and to join the closed group "MEDITATION CHALLENGE" which can be located on the CCMHG Facebook Page under groups. You may choose from the list of meditations provided on Page 3 or choose your own!

You will receive 25 Wellness Points on our Wellness Portal if you complete this challenge! Family members are also eligible and encouraged to participate. Co-workers that are NOT members of the CCMHG **CAN** participate but will not receive wellness points and/or any prizes awarded.

For review you will be required to:

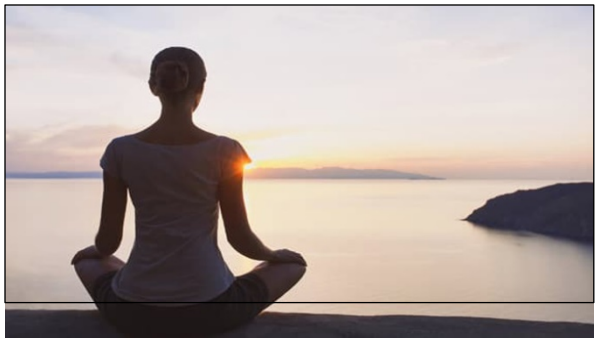
- ✓ Print out the Meditation Log Form
- ✓ Join the Meditation Challenge Facebook Group
- ✓ Log 15 days of Meditations (links to meditations are on Page 3 and vary in length to fit your busy schedule or choose your own)
- ✓ Post 3 pictures of yourself practicing meditation in our Facebook group
- ✓ Post your completed Log form in our Facebook group

Some extra fun stuff:

- ✓ Convince a co-worker to join with you
- ✓ Brag about your accomplishments/goals in our Facebook group
- ✓ Take lots and lots of pictures and share in our Facebook group
- ✓ Share other videos that you use in our Facebook group

If you are new to meditation and would like tips follow this link: MEDITATION 101: TECHNIQUES, BENEFITS, AND A BEGINNER'S HOW-TO

If you have any questions contact Deanna Desroches at 508-631-7263 or capecodhealthyconnections@gmail.com



Are you ready to be challenged??

Name: _____

On page 3 you will find links to different Meditation videos available online. The videos vary in length to accommodate your busy schedule! You can do a specific video each time or mix them up or choose your own. It is up to you! You are in charge of this challenge! Once you complete a video be sure to add the date in the circles below. Complete all 15 and then submit 3 pictures, as well as this completed log form, and you will have successfully completed this challenge! **Please note that if you do not enjoy or experience negative feelings for any of our meditations please discontinue and choose another or one of your own. This challenge is to enlighten and be stress free for you to enjoy!*

To complete this challenge, you must complete 15 days of meditations. There is no limit to the number you do each day, just try at least one video on 15 different days!

MY 15 DAYS OF THE MEDITATIONS

To complete this challenge you must post at least three pictures of yourself practicing meditation or being still is a quiet space. This will be a challenge but have fun with it!!

I submitted pictures on: 1)_____

2)_____**3)**_____

To complete this challenge you must take a picture of this form and post onto the Meditation Challenge Facebook Group Page.

Are you ready to be challenged??

You can choose any of these videos you like but you must complete 15 "days" of meditations. Maybe you have a specific topic that is of interest to you or you would rather mix it up and try them all! The meditation videos vary in length so you can work around your daily schedule easily. (If you currently practice daily meditations please continue and you can use those as your 15 days but do check out some of these, you may find you enjoy them just as much) Please note that URL's are case sensitive. Have fun and enjoy! ***Please note that if you do not enjoy or experience negative feelings for any of our meditations please discontinue and choose another or one of your own. This challenge is to enlighten and be stress free for you to enjoy!***

Beginners Guide to Meditation (1) 6:58
https://youtu.be/KQOAVZew5l8

Beginners Guide to Meditation (2) 5:34
https://youtu.be/0eKD-mDa3CA

Beginners Guide to Meditation (3) 5:13
https://youtu.be/zFotlhvCzWc

Body Scan 15:26
https://youtu.be/T0nuKBVQS7M

Deep Relaxation, Anxiety, Sleep, or Depression 18:40
https://youtu.be/-MOXDi_hWUk

Clear the Clutter in Your Mind 7:07
https://youtu.be/6kVVrE_sCNA

Morning Routine 10:17
https://youtu.be/GneKaqMdKyk

Inner Peace and Calm 16:38
https://youtu.be/_iGWdUTifIQ

Gratitude 5:56
https://youtu.be/OCorElLKFQE

Loving Family Meditation 8:01
https://youtu.be/Hqez0G_WjfM

Meditation to Open Your Heart 20:03
https://youtu.be/d4TkXN5Js8E

Chakra Balance for Positive Energy 10:30
https://youtu.be/jeGT1VXwfx4

Coping With Grief 18:53
https://youtu.be/qB6KKQRQzXs

Self-Healing for Relief from Injury, Illness, Pain, and Negative Thoughts 10:18
https://youtu.be/476ksk-FfPQ

Powerful Abundance Meditation 15:57
https://youtu.be/kC6so_Z5mGg

Forgiveness Meditation 24:44
https://youtu.be/Ca8tAjaKhLM

Confidence, Self-Love, Self-Image 35:13
https://youtu.be/5Za1RZWmnYA

Before Sleep: Let Go of the Day 12:23
https://youtu.be/5itkfGLcb5E