

AUGUST 2023

National Wellness Month is an opportunity to prioritize your self-care and make positive changes in your life. Choose activities that resonate with you and make them a regular part of your routine to maintain a healthy and balanced lifestyle.

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 Start a gratitude journal and write down three things you're grateful for each day.	2 Practice deep breathing exercises or meditation for relaxation.	3 Try a new healthy recipe and enjoy a nutritious meal.	4 Engage in a yoga or stretching routine to improve flexibility.	5 Take a leisurely walk in nature and enjoy the fresh air.
6 Attend a local wellness event or workshop in your community.	7 Spend time in self-reflection and set intentions for your personal growth and well-being.	8 Practice visualization or positive affirmations to cultivate a positive mind set.	9 Engage in a digital workout or fitness class from the comfort of your home.	10 Practice self-reflection and journal about your thoughts and emotions.	11 Watch a movie or TV show that makes you laugh or brings you joy.	12 Take a power nap to recharge and boost your energy levels.
13 Have a picnic in the park and savor the experience of being outdoors.	14 Engage in a creative activity such as painting, drawing, or crafting.	15 Listen to uplifting or calming music that resonates with your mood.	16 Call or meet up with a friend or family member for a meaningful conversation.	17 Declutter a small area of your home to create a sense of calm and order.	18 Enjoy a relaxing massage or practice self-massage techniques.	19 Practice random acts of kindness, such as leaving a kind note for someone or offering help to a neighbor
20 Read a book that inspires you or brings you joy.	21 Practice mindful eating by savoring each bite and paying attention to your body's hunger and fullness cues	22 Take a warm bath with soothing essential oils or bath salts.	23 Write a letter to someone you appreciate or love.	24 Plant and care for a small indoor herb or flower garden.	25 Explore a new walking or hiking trail in your area..	26 Disconnect from technology for a few hours and focus on present moment activities.
27 Volunteer for a local charity or organization that aligns with your values.	28 Try a new hobby or revisit an old one that brings you joy.	29 Take a digital detox day and spend time engaging in offline activities.	30 Create a vision board or set goals for the upcoming months	31 Cook a healthy recipe at home		