

MENTAL WELLNESS CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	DEC 1  BREATHE DEEPLY	2  GO FOR A WALK	3  MAKE A TO-DO-LIST	4  DRINK WATER	5  EAT A HEALTHY BREAKFAST	6  PUT ON A FACE MASK
7  DANCE	8  LISTEN TO PODCAST	9  CUDDLE A PET	10  GET SOME SUN OUTSIDE	11  READ A BOOK	12  LISTEN TO YOUR FAVORITE SONG	13  ORGANIZE YOUR DESK
14  WATCH YOUR FAVORITE MOVIE	15  GIVE A COMPLIMENT	16  LIGHT A CANDLE	17  CLICK A PHOTO	18  CONSUME LESS SUGAR	19  TAKE TIME FOR FAMILY	20  SIT IN SILENCE
21  HUG YOURSELF	22  LET GO OF SOMETHING	23  TURN OFF NOTIFICATIONS FOR 30 MIN	24  SPEND TIME WITH YOUR FRIEND	25  TREAT YOURSELF	26  WRAP YOURSELF IN A BLANKET	27  SPEND TIME IN NATURE
28  DELETE FIVE PHOTOS	29  BUY SOMETHING FOR ONESELF	30  WRITE 3 THINGS YOU'RE PROUD OF	31  MAKE A GRATITUDE LIST			