

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Count your blessings: List the kind things others have done for you	No social media use all day long	Connect with a relative to say hello and chat	Do something helpful for a family member or friend	Play a board/card game
Ask someone to do what you LOVE to do today	Smile at the people you are with to brighten their day	Create a cell phone/device "parking lot" to enjoy device-free moments each day	Listen to a new podcast!	Choose a favorite song and enjoy a spontaneous dance party	Practice 5 minutes of deep breathing	Do one act of kindness to make life easier for someone
Write a note/letter of encouragement to someone else	While washing your hands look in the mirror and say one thing you like about YOU!	Learn one new thing today and share what you learned with someone	Eat 3 meals at the dining table without phone/tv	Light a candle, incense or diffuse an essential oil	Thank someone and tell them how they make a difference for you	Find an inspirational quote and share it
Find a favorite book and read it or share it with someone	Find a joke and share it with 2 people in person, by phone or virtually	Do a brain puzzle (sudoku, crossword, try to win Jeopardy)	Have a laugh: watch a comedy special or favorite funny movie	Read about mental wellness tips: research resources and practices	Organize your digital files	Doodle, paint, write or color to clear the mind and reduce anxiety
Spend time on a hobby you enjoy	Listen to your favorite music	Go to bed 30 minutes earlier than usual	Wake up 30 minutes earlier than usual	Pick one of your favorite days and do it again!		

**DON'T FORGET!  
YOU GET 5 FREEBIE  
DAYS :)**

Complete your monthly calendar + month-end survey to be entered to win 1 of 4 prize baskets! (\$50 value)  
Refer to [nwoesc.org/HealthyHabitsChallenge](https://nwoesc.org/HealthyHabitsChallenge) for more details.

**NEXT MONTH: PHYSICAL HEALTH**