

| 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 for more details.*

NEXT MONTH: PHYSICAL HEALTH