
































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