

2023

August

WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>01 Develop and transcribe some goals This will help guide your daily actions towards goal achievement.</p>	<p>02 National Coloring Book Day Find a coloring book or print a coloring page and have at it! Coloring is a great stress reliever.</p>	<p>03 Skip TV time Go for a walk, read a book, play a card or board game-- yes, even if you DVR your shows.</p>	<p>04 Drink more water Start with 16 oz. of water right when you get out of bed to kickstart your metabolism.</p>	<p>05 Move for 20 min It's good not only for your physical health, but also your mental health and well-being.</p>
<p>06 Prep a favorite or new snack or meal There are so many ways to fuel our bodies. You can also connect with others while trying your recipe or share one with each other.</p>	<p>07 Take a social media break Avoid all social media for just one day and see what that does to your emotional well-being.</p>	<p>08 Try deep breathing Inhale through your nose for 4 sec., exhale through your mouth for 4 sec., hold your breath for 4 sec. Repeat 3 times. This is especially good at bedtime.</p>	<p>09 Stretch for 30 min Stretching causes you to slow down and think about how your body is feeling, it also helps to improve your flexibility. It's a win-win!</p>	<p>10 Morning Motivation Tackle 3 things on your ever growing to-do list before 10 AM. You'll be surprised how good it feels!</p>	<p>11 Listen to a favorite song Music can reduce levels of cortisol, a stress hormone that is often responsible for feelings of worry or anxiousness.</p>	<p>12 Take a few moments in a garden or park Appreciate the beauty of flowers or the abundance of vegetables in your garden or a public park.</p>
<p>13 Declutter Find one spot to declutter today. It can be as big as a closet or as small as a kitchen or office drawer.</p>	<p>14 Tell a friend a joke Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.</p>	<p>15 Quick Morning Movement 10 jumping jacks :20 second wall sit :60 second plank</p>	<p>16 Try a Zentangle This easy and relaxing drawing technique is sure to become a new favorite pastime. www.wikihow.com/Make-a-Zentangle</p>	<p>17 Try eating slowly See if you can make your at-home dinner last a full hour. Slow eating can promote thorough chewing, reduce calorie intake and aid digestion.</p>	<p>18 Get a good night's sleep Rather than staying up late because it's the weekend, take this opportunity to settle in early and get some extra shut-eye.</p>	<p>19 National Photography Day Take photos of all the things that bring you joy today. Keep them in an album so you can refer back to them on less-good days.</p>
<p>20 Sunscreen Remember to put on sunscreen, even if it's cloudy outside.</p>	<p>21 Schedule some time with a friend Prevents isolation and loneliness and gives you a chance to offer needed companionship, too!</p>	<p>22 Just say No Find one thing to say 'no' to today. It's not as hard as you think and it will allow you more time for the things that you actually WANT to do.</p>	<p>23 Show Your Humanics Consider how you can help someone today! It could be as simple as holding a door for someone or helping a neighbor with yardwork.</p>	<p>24 Dance it out Put on some high-energy tunes and dance to one entire song. Better yet, get the whole family in on the dance party!</p>	<p>25 Smile! Make it a point to smile at people that you see today. When you smile, your brain releases neuropeptides to help fight off stress.</p>	<p>26 Treat yourself Read a good magazine or watch a movie. Make time for you.</p>
<p>27 National Just Because Day Call or text someone you haven't seen in a while to check-in-- "just because".</p>	<p>28 Gratitude On a piece of paper, write down 10 things that you're thankful for. If any of them are people-- tell them! It'll make you both feel good.</p>	<p>29 No Negativity! Try not to complain today. By limiting your complaining and only using it to advocate for yourself, you can be sure it serves a purpose rather than dragging you down.</p>	<p>30 Read a book. Reading can improve brain and memory function, reduces stress, promotes relaxation, and improves sleep.</p>	<p>31 Eat Outside Day If the weather cooperates, grab your lunch, your dinner, or your morning coffee and head outside. The fresh air has so many positive benefits!</p>	<p>THE WELLNESS INSTITUTE AT SPRINGFIELD COLLEGE</p>	