

SUN

MON

TUE

WED

THU

FRI

SAT

1 **Employee Wellness Month!**  
Take time for yourself to recharge in the workday.

2 **Resist mindlessly scrolling through your feeds**

3 **Dim your lights before bed**

4 **Learn how those pesky cicadas are [healthy for the environment](#)**

5 **Do the one thing today you want to do but haven't had time for**

6 **Meditate for at least 10 minutes each day this week**

7 **Sit and listen to your favorite song**

8 **[Celebrate your bestie today!](#)**

9 **Write down 5 things that calm you and use it when needed**

10 **Remember to brace your core as you lift & carry objects**

11 **Take a selfie today!**

12 **Be generous today in a way that suits you**

13 **Turn off phone notifications for the day**

14 **Don't forget your sunscreen!**

15 **Make somebody's day better**

16 **Learn [Early Signs of Alzheimer's](#) for their awareness month**

17 **Check for ticks on yourself and your pets**

18 **Practice patience with what frustrates you**

19 **Try a [7 Minute Yoga with Weights](#) workout**

20 **Embrace some quiet before the week starts**

21 **Get outside! [Daylight Appreciation Day](#)**

22 **Make space for rest and recovery**

23 **Listen more than you talk today**

24 **Avoid sun poisoning by reading [THIS](#)**

25 **Do a chore mindfully. Wash dishes by hand.**

26 **Explore somewhere near you that you have never been**

27 **[Become aware of the signs of PTSD](#)**

28 **Get up and stretch!**

29 **Make a pro/con list for a decision you're struggling with**

30 **Smile! Here's a cute baby hedgehog**



2021  
JUNE



Maryland University  
of Integrative Health