

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Pick a habit you want to start this month	2 Speak up to someone you trust if you're feeling down	3 Start eliminating plastic today. It's International Plastic Bag Free Day!	4 Be compassionate with yourself when things don't go your way
5 Let someone know they matter with these FREE cards	6 Create an emergency music playlist for when you need extra comfort	7 Unsubscribe from all those pesky emails you don't want	8 Time for a financial wellness check up with Prudential's online resources for MUIH	9 Avoid eating processed or packaged foods today	10 Look into the mirror and say 3 kind things to yourself	11 Look at old photos and recall happy memories
12 Spend the first 15 minutes of your day in silence	13 Running out of things to talk about at home? Check out The Family Dinner Project	14 Try a new hairstyle/cut before we go back to the office!	15 Limit caffeine to one cup today	16 How can you give yourself a break today? (Mentally, physically, or emotionally)	17 Feeling isolated working at home? Read some tips on staying connected HERE	18 Make something without worrying if it's good or not
19 Schedule 30 minutes every day this week to do a physical activity	20 Switch up your morning routine	21 Leave someone a nice note, or post it to their social media	22 Remove non-essential tasks from your to-do list today	23 Learn how you can help Make the World a Better Place	24 Avoid saying "must" or "should" today	25 Put on that Chef's hat for Culinarians Day
26 Write down your regrets and come to peace with them. Everyone has regrets	27 One Minute Mini-Meditation	28 Watch a funny video	29 Involve the family with healthy activities to do at home	30 Leave a thank you note for your mail carrier	31 Reflect on the month and write your August intentions down	



National Health Observances

Group B Strep Awareness Month

<https://www.cdc.gov/groupbstrep/index.html>

UV Safety Month

<https://www.cancer.org/healthy/be-safe-in-sun.html>

Minority Mental Health Awareness Month

<https://nami.org/Get-Involved/Awareness-Events/Minority-Mental-Health-Awareness-Month>

JULY 2020

