

SUN

MON

TUE

WED

THU

FRI

SAT

1
Retry a food you used to hate to see if your opinion has shifted

2
Eat for energy and enjoyment

3
Foster community and join your local [National Night Out](#)

4
Read only positive news today

5
Reading opens a window to the world; giving us a vision of things we never dreamed possible.

6
Are you up on your immunizations? It's [National Immunization Month](#)

7
Don't "over-program" your weekend

8
Celebrate unlimited happiness today for [Happiness Happens Day!](#)

9
Write down your 3 favorite qualities about yourself

10
Take 10-15 minutes to transition from work to home life

11
Write down your 3 least favorite qualities about yourself - think on how you can improve them

12
Practice thought stopping. Replace the negative with positive.

13
"Less than perfect is a perfect start." Don't be afraid of failing!

14
Celebrate an achievement this week, no matter how small

15
Re-assess your relationships to see if you're getting/giving what you need

16
Be realistic. Don't say "yes" if you don't have space on your plate.

17
[Pamper your feet!](#) They carry us every day.

18
Feeling anxious? Try to lengthen your inhaled and exhaled

19
[24 books to read this summer](#)

20
Improve your immune system and mental health by laughing

21
Try a "Quiet Day." Read, walk, meditate, or more.

22
Reminisce on a happy memory

23
Start or end your day with this [5 Minute Tai Chi](#)

24
Listen before you speak in conversations

25
Read about the benefits of [Hyaluronic Acid](#)

26
Try tratak meditation: Turn off the lights, light a small candle and watch the flame.

27
Get too much sun on your vacation? [Try these remedies](#)

28
WORKOUT
your way

29
Prep for the week ahead if you're returning to campus!

30
Learn to ask for help if you need it

31
Help end the overdose public health crisis by going [HERE](#)

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