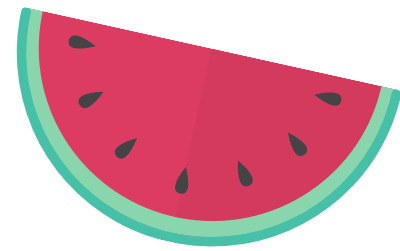


MAY 2022 WELLNESS



SUN	MON	TUE	WED	THU	FRI	SAT
1 Take a 20 minute mindful walk outdoors	2 Reach out and check-in with a loved one today	3 Add more leafy greens to your meals today	4 Eat all of your meals screen free	5 Spend 15 min. decluttering your room/work space	6 Unplug from the internet for the evening	7 Schedule your next friend date
8 Make a list of 7 things that you're grateful for	9 Let 5 people know why you appreciate them	10 Set aside an hour for something that brings you joy	11 Sugar Free Day	12 Go for a long walk	13 Get outside today and move your body	14 Watch the sunset
15 Enjoy the fresh morning air	16 SMILE	17 FREE DAY	18 Start a new book	19 Journal	20 Add a little fun to your day	21 Create a moment of calm today
22 Game night	23 Take a deep breath	24 Try a new recipe	25 Make somebody's day better	26 Take a dance break	27 Create a joy list	28 Start your morning with a new routine
29 Make sleep a priority	30 Explore somewhere new	31 Ask a young person how they are feeling today	Summer			