





























Connetquot's Wellness Calendar

MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Disconnect from tech 	2 Namaste... Take 3 deep breaths <i>just BREATHE</i>	3 Walk barefoot in the grass 	4 Sit for 10 minutes in the sun 
5 Go to bed 30 minutes earlier than usual 	6 Stay hydrated, hit your water goal for the day 	7 Tell someone you love them 	8 Meditate for 15 minutes 	9 Write down 5 positive things about yourself 	10 Unclutter your home or work space 	11 Stay in bed a little longer in the morning 
12 Take 30 minutes to prepare for the upcoming week 	13 Take a short walk without any devices 	14 Stretch for 15 minutes 	15 Take a long bath 	16 Eat healthy snacks 	17 Do something brand new <i>NEVER BE ASHAMED OF TRYING</i> 	18 Say a positive affirmation <i>I can make a difference</i> <i>I can do anything</i>
19 Take a long hike and enjoy nature 	20 Schedule your annual physical 	21 Limit sugary drinks 	22 Give someone a non-physical compliment 	23 Add lemon to your water 	24 Do a random act of kindness for a stranger <i>Kindness MATTERS</i>	25 Do 25 jumping jacks 
26 Give someone a hug 	27 Drink only water 	28 Wear your favorite color 	29 Indulge in some chocolate 	30 Do a 30 second wall sit 	31 Check in on a friend 	On behalf of the Mental Health Advisory Council