


















May Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div data-bbox="289 134 821 348" data-label="Image"> </div>					<p>1 Journal Activity</p> <p>List 3 things you are good at & List 3 challenges you have overcome in a journal</p>	<p>2 Send a thank you message to someone, even if that someone is yourself!</p> <p><i>Thank you!</i></p>
<p>3 Journal Activity</p> <p>Write down three good things that happened today!</p> <p>1 2 <3</p>	<p>4 Mindful Monday</p> <p>Sleep Music in Underwater Paradise</p> 	<p>5 Quote of the Day:</p> <p><i>"Respond, don't react. Listen, don't talk. Think, don't assume."</i></p>	<p>6 Wellness Wednesday</p> <p>10 minute Morning Yoga for Beginners</p> 	<p>7 Make a healthy meal</p> 	<p>8 Fun Friday</p> <p>Watch clips of America's Funniest Home Videos or a funny movie to get you laughing</p> 	<p>9 Journal Activity</p> <p>Make a list of 10 things you are grateful for</p> <p><i>Add some gratitude to your attitude!</i></p>
<p>10 Send an encouraging text to somebody</p> 	<p>11 Mindful Monday</p> <p>Meditation for Anxiety</p> <p>Body Scan Meditation (Tame Anxiety)</p>	<p>12 Quote of the Day:</p> <p><i>"Mistakes are proof that you are trying"</i></p>	<p>13 Wellness Wednesday</p> <p>Self Care during the Quarantine</p> <p>15 Self Care Ideas for Coronavirus Quarantine</p>	<p>14 Listen to a podcast on a new topic that you want to learn about</p> 	<p>15 Fun Friday</p> <p>Find a Jeopardy Game About Anything</p> 	<p>16 Try a 3-minute breathing exercise to calm your mind and body</p> <p>breathing exercise</p>
<p>17 Journal Activity</p> <p>Write down 5 people who support you</p> 	<p>18 Mindful Monday</p> <p>Eat Mindfully</p> 	<p>19 Quote of the Day:</p> <p><i>"Do less with more FOCUS"</i></p>	<p>20 Wellness Wednesday</p> <p>Tip for Restful Nights Sleep</p> <p>Wellness Wednesday</p> 	<p>21 Call someone you haven't spoken to in a while and brighten their day</p> 	<p>22 Fun Friday</p> <p>Movie Night</p> <p>Watch movies on Netflix, Youtube, or on-demand</p> 	<p>23 Watch the clouds and find different shapes</p> 
<p>24 Look at the list of things you're grateful for just before going to bed or try a 10-minute gratitude meditation</p>	<p>25 Mindful Monday</p> <p>Mindfully color these pages</p> <p>Mindful Coloring</p> 	<p>26 Quote of the day:</p> <p><i>"You create your own calm"</i></p>	<p>27 Wellness Wednesday</p> <p>Wellness Wednesday Hydration</p> 	<p>28 Journal Activity</p> <p>Appreciate yourself - Write down five things that make you special and unique and say them aloud to yourself</p>	<p>29 Fun Friday</p> <p>Play fun games (board games, activities) with your family</p> 	<p>30 Do something which makes you happy</p> 
<p>31 Journal Activity</p> <p>Write down 3 goals you would like to accomplish in the month of June and write them as if they already happened</p>						