



July 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Track your stressors: Track all the things that cause you stress. Which ones were worth it? Reflecting on your responses is the first step to making positive changes. 1	Meditate for 5 minutes: Find a quiet spot, close your eyes, and take 10 long deep breaths. 2	Practice Mindful Eating: Have one meal when you are eating while doing nothing else. Savor the flavors! 3
Have a day of optimism: Think positive, be grateful, do not complain, believe that you can accomplish something, be confident. 4	Make a to-do list: Check things off as you complete the tasks to feel a sense of accomplishment. 5	Take a walk: Go for a 15-minute walk. Focus on your breathing and be aware of your surroundings. 6	Cook a healthy, easy dinner: Create a simple, healthy meal with 5 ingredients or less. 7	Sleep better: Go to bed 20 minutes earlier tonight. Try meditation, stretching, or deep breathing before bed to improve quality of sleep. 8	Do some deep breathing: Take in a slow, deep, long breath while counting to 5. Release as much of the air as you can. Repeat 3-4 times, twice today. 9	Do 30 minutes of activity: Perform 30 minutes of activity today. You can break this up into 3 10-minute sessions. 10
Limit screen time: Spend one day with limited time on all screens. Only use your devices for necessary communication. 11	Practice coping skills: Create a list of all the ways you deal with stress. Think of one new technique and try it today. 12	Communicate effectively: Rather than getting angry, take a moment to calm down. How you communicate matters in having healthy stress-free relationships. 13	Choose a super food: Try a food with multiple health benefits today, like sweet potatoes, berries, kale, or spinach. 14	Practice time management: Plan your time efficiently today. Get up earlier and space out meetings, allowing enough time for unplanned roadblocks. 15	Appreciate yourself: Choose one thing you like about yourself and write it down. Look at it often as a reminder to appreciate yourself. 16	Be creative: Paint, draw, or write a story or poem. 17
Take time for you: Set aside 15-30 minutes today just for you. Relax, go for a walk, read a book. 18	Change your routine: Drive a new route. Take a break at a different time than usual. Change your routine to see the world differently. 19	Ask for help: You can't do it alone. Ask a friend or co-worker to help you with a project or task that you haven't completed. 20	Plan a relaxing lunch: Schedule a lunch break with no work. Make something healthy and delicious. 21	Make a budget: Look at your monthly budget. Write down all the required expenses. Determine where any extra money would be spent. 22	Make dinner plans: Turn off your phone and connect with friends or family over dinner. 23	Enjoy a spa day: Get a massage, do a soothing face mask, or just enjoy a long, peaceful bath at home. 24
Get physical: Challenge yourself with a new physical activity. 25	Make a playlist: Create a playlist of music that is calming and helps you destress. 26	Declutter your desk: Tidy up your workspace for a more productive day. 27	Meditate at work: Take 5-10 minutes to practice sitting meditation at your desk while working. 28	Drink smart: Cut back on caffeine, sugar, and fat in your drinks. Extra calories, sugar, and sodium can be hidden in beverages. Choose water! 29	Connect with nature: Get outside and take a walk without your phone or music. Enjoy the sights and sounds of your surroundings. 30	You did it! Take time to celebrate your success! 31

You can earn 15 points per day for up to 450 points total.
Be sure to track your daily activities at mybmcwellness.com