

- 1 Declutter your workspace
- 2 Drink 32oz of water
- 3 Read for 10+ minutes
- 4 Journal 3 things to manifest in the next month
- 5 Put your phone on DND 1 hour before bedtime
- 6 Watch a good show/movie & relax!
- 7 Cook yourself a meal you love!
- 8 Listen to your favorite music
- 9 Attend a Building Hope Connectedness Event
- 10 Write 3 things you are grateful for
- 11 Go for a 10-30 minute walk
- 12 Listen to a mindfulness podcast
- 13 Call a family member to catch up
- 14 Spend 5 minutes in the sunshine
- 15 Volunteer in the community such as the FIRC food market
- 16 Follow @boozellessummit on Instagram
- 17 Do a 30 minute workout
- 18 Set a bedtime & get 8 hours of sleep
- 19 Tap into your creative side! Draw, paint, write, knit etc
- 20 Call a friend you haven't spoken to in awhile
- 21 Write someone a letter and send it in the mail
- 22 Stay off of social media for a full day
- 23 Give a stranger a compliment
- 24 Plan out some attainable goals for the upcoming week
- 25 Treat yourself to a coffee or treat of your choice
- 26 Think of someone in your life that you are grateful for
- 27 Practice a 3 minute breath exercise
- 28 Unfollow or mute an account on social media that does not serve you
- 29 Attend or request a mental health training from Building Hope
- 30 Make a cocktail & congratulate yourself for choosing YOU
- 31 Follow Building Hope on Social Media

31 DAYS OF WELLNESS IN MAY
 BUILDINGHOPE SUMMIT COUNTY

This month, focus on your **mental health**. Be intentional with your time and energy, and challenge yourself to prioritize you — both **mentally** and **physically**.

