

# Weekly Wellness Ideas

## May 24-May 31

- Walk outside for 30 minutes
- Pick up trash on your walk
- Make 5 people smile every day
- Discover a new park or trail

## June 1- June 7

- Do 10 push-ups each day
- Watch the sunrise and sunset at least one day
- Call or video chat a friend or family member
- Drink 10 oz. of water every hour

## June 8- June 14

- Think of 3 things you're grateful for every day
- Do 25 sit-ups every day
- Plant some seeds
- Try a new vegetable or fruit

## June 15- June 21

- Send a letter to a loved one
- Discover a new podcast or musician/band
- Do 20 squats each day
- Journal every evening

## June 22- June 28

- Write a haiku poem
- Share a song you enjoy with a friend
- Do 25 jumping jacks each day
- Eat 5 servings of fruits and/or veggies every day

## June 29- July 5

- Disconnect from social media for one day
- Learn something new (endless options!)
- Try an online yoga class
- Read a new book or listen to an audiobook

*Remember that mental health is just as important as physical health. Be kind to yourself and others.*