













August 2022



Self-Care Inspiration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Click on the links for additional information and resources.	CELEBRATE SANDWICH MONTH Try a sandwich with a healthy twist	Get creative with coloring or another artistic endeavor	Have an extra penny? Leave it at the register for someone that needs it.	Unplug! Turn off your device for at least 5 minutes 	Take a 10 minute fitness break...work up to 30 minutes daily.	Nurture a plant 
 Make a menu plan for the week ahead	Drink a glass of water as soon as you wake up	Schedule your annual eye exam 	Start your day with something pleasant	Practice the plank to strengthen your core & eliminate low back pain	Take care of yourself by getting organized—devote 15 minutes daily to decluttering	Volunteer for 1 hour a month
Try an activity you enjoyed as a child	Create balance by structuring time for work AND play in your schedule	Straighten Up! Practice good posture	Enjoy Breakfast to promote positivity 	Create a bedtime routine to help you sleep	Play a board game!	Eat Intuitively 
Have a family dinner 	Take a new route to work	Try aromatherapy 	Plan a workout date with a friend	Evaluate your financial health 	Watch a movie or TV Show that inspires resilience	Change your password to be your mantra
Take a stroll in your bare feet 	Give a Hug 	Buy a new outfit or accessory	Let water wash your troubles away 	For more inspiration, check out our Wellbeing Insights e-magazine .	<i>By taking care of myself, I have so much more to offer the world than I do when I am running on empty.</i> – Ali Washington	