

July 2026

Self-Care Inspiration



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Click on the links and colored boxes for additional information and resources. For more inspiration, check out the Wellbeing Insights e-magazine.</p>			<p>1 Create a simple, summer bucket list with 3 things you want to enjoy this month</p>	<p>2 Find a shady spot outside and spend 10 minutes relaxing</p>	<p>3 Play your favorite upbeat song and take a quick movement break</p>	<p>4 INDEPENDENCE DAY Enjoy good food and good company today</p>
<p>5 Start your morning with natural light instead of a screen</p>	<p>6 Send a quick “thinking of you” text to someone who makes you smile</p>	<p>7 Build a colorful summer plate with fresh fruits and veggies</p>	<p>8 Do some light movement while watching tv</p>	<p>9 Ease summertime stressors</p>	<p>10 Check in on your budget before any weekend spending</p>	<p>11 Spend time outdoors with a hat, sunglasses, and sun protection</p>
<p>12 Try a no-recipe meal using what you already have at home</p>	<p>13 Learn about SPF & sun protection</p>	<p>14 Keep water nearby and sip it throughout the day</p>	<p>15 Plan a walk-and-talk with a friend, coworker, or family member</p>	<p>16 Pause and take five slow breaths before moving onto a new task</p>	<p>17 EMOJI DAY Send a fun or silly emoji message to brighten someone’s day</p>	<p>18 Tackle one project you have been putting off and enjoy the relief afterward</p>
<p>19 Wind down with a no-screens hour before bed</p>	<p>20 Add a high protein snack to keep your energy steady</p>	<p>21 Refresh your workspace with a small change such as adding a photo, a plant, or clearing clutter</p>	<p>22 Eat for the summer season</p>	<p>23 Go through your phone apps and delete those you no longer use</p>	<p>24 SELF-CARE DAY Take care of yourself in a budget-friendly way</p>	<p>25 Support a local shop, vendor, or restaurant</p>
<p>26 Try a new iced drink, mocktail or infused water recipe</p>	<p>27 Lift someone up by acknowledging a contribution that might go unnoticed</p>	<p>28 Take a few minutes to compare prices before your next purchase</p>	<p>29 Take a 10-minute movement break during your workday</p>	<p>30 FRIENDSHIP DAY Reach out to reconnect or make plans with a friend</p>	<p>31 Celebrate one small win from the month</p>	