

Wellness Journal

HELLO
April
2023

THEME: SELF SEEKING

SASSY
SATURDAY

Register for kick boxing class online or gym, go release some stress.

Blog about and interact with online conversations on sexual Assault

Free

Improve sleep habits and wake up feeling well rested.

Go for a morning nature walk.

SUN DOWN
SUNDAY

Participate in an outdoor activity; tree planting, plant some flowers

Focus on resting today, take a nap and sleep in early

Take a yoga class and meditate about the day

Talk to someone about what is happening to you.

Do 30 pushups and stretch the whole body

MOTIVATIONAL
MONDAY

Hydrate all month.

Make a to do list of what you want to do in a week. Write a chore list to follow

Start your day with a healthy breakfast; fruits and proteins

Practice mindfulness by Journaling about your day

TOUCH DOWN
TUESDAY

Do a deep breathing exercise before meal

Throw out junk food and Eliminate fast foods from your diet

Create an Art piece in solidarity with the survivors of sexual assault.

Do a dance workout on your favorite song.

WHINE DOWN
WEDNESDAY

Listen to your favorite podcast on Ba Queer Twogere.

Whine it down with a scoop of ice cream

Take on a photo challenge; a picture of anything around you

Wear your favorite queer expression

THANKFUL
THURSDAY

Practice Reading; Educate yourself on Asexuality.

Reduce screen time, focus your mind on something inspiring.

End all meals by 8.00pm. Have a fruit or healthy snack before bed.

Take a social media break for the day and focus on the life around you

FUN
FRIDAY

No sugar, No dessert Friday

Make a new friend day.

Go for a play/comedy show

Prepare a meal by yourself, you can invite a friend to help out

MOTIVATIONAL QUOTE: I can be changed by what happens to me, But I refused to be reduced by it; Maya Angelou