

Nelhess Journal

SUN DOWN SUNDAY

MOTIVATIONAL **MONDAY**

TOUCH DOWN **TUESDAY**

WHINE DOWN **WEDNESDAY**

THANKFUL **THURSDAY**

FUN FRIDAY

SASSY **SATURDAY**

Disconnect from daily destructions; Learn to leave work at work.

Make a colorful juicy cocktail; mango, bananas, water melon, apple

Go to a local gym or plan a 45 minutes yoga after lunch.

Offer a wellness gift; journal or a stress ball, coloring pencils and book.

Write a note to appreciate a positive figure in your life.

Saturdays are for pancakes, love and a glass of juice cocktail.

Treat yourself with sauna, steam and massage.

Add a green ribbon on your outfit to raise awareness on mental Health.

Take your mother out and thank them for being the best mother.

Whine your day with a check in call on your friend.

Meditate with yoga.

Learn a new skill; cooking etc.

Free

Host a stress reduction space for friends.

This MEATLESS MONDAY enjoy something veggie, like peas and pumpkin for lunch

Perform an act of kindness.

Go rainbow and also learn about LGBTIQA+Inclusion. Write #IDAHOT as a sign of solidarity on your socials

Go for Zumba classes with your queer friends.

Make a rainbow dinner with laughter and love and invite your queer friends.

Focus on your selfcare:It's talk to a therapist

Practice reading; Educate vourself on mental health and wellness.

Hydrate all week.

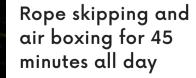
Attend an IDAHOT Event nearby or online.

Focus on gratitude, send a thank you note to anyone

Take an afternoon off work, and prepare an outdoor lunch for workmate/friends.

Host a craft night; painting, knitting, weaving, drawing etc.

Get plenty of sleep.



Move outside your workstation/desk and do some squats and stretch.

Watch a meme or a health and laugh through the day.

tiktok video on mental



MOTIVATIONAL QUOTE: "Being able to be your true self is one of the strongest components of good mental health."-Annoymous