

Wellness Journal

My mental health, my priority



SUN DOWN SUNDAY

Treat yourself with sauna, steam and massage.

Host a stress reduction space for friends.

Focus on your self-care; It's talk to a therapist

Get plenty of sleep.

MOTIVATIONAL MONDAY

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

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

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

Practice reading; Educate yourself on mental health and wellness.

Rope skipping and air boxing for 45 minutes all day

TOUCH DOWN TUESDAY

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

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

Perform an act of kindness.

Hydrate all week.

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

WHINE DOWN WEDNESDAY

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

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

Go rainbow and also learn about LGBTQIA+Inclusion.

Attend an IDAHOT Event nearby or online.

Watch a meme or a tiktok video on mental health and laugh through the day.

THANKFUL THURSDAY

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

Meditate with yoga.

Write #IDAHOT as a sign of solidarity on your socials

Focus on gratitude, send a thank you note to anyone

FUN FRIDAY

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

Learn a new skill; cooking etc.

Go for Zumba classes with your queer friends.

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

SASSY SATURDAY

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

Free

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

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



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

