

HEALING APRIL

THEME; COMPASSION AND KINDNESS #SAAM



Wellness Journal

	MEDITATION MONDAY	TENDER TUESDAY	WELLNESS WEDNESDAY	THANKFUL THURSDAY	RENTABUDDY FRIDAY	SOOTHING SATURDAY	SELF-HEALING SUNDAY
Dietary Guide	Eat more vegetables and hydrate all week	Choose fish, poultry, and beans, limit red meat cheese, bacon, and cold cuts	Go for whole grains. Avoid overconsumption of white rice and white bread	Skip sugary drinks, limit dairy products to one to two servings daily	Drink more water, coffee, or tea without added sweeteners	Cheat day, You have earned that dessert	Detox with green juices.
Exercise	stretch and practice deep breaths for 30mins	Meditate for about 30 mins	Go for a mindful walk	Do 100 push-ups throughout the day	Do 100 squats throughout the day	Go jogging or have a morning walk	Rest or do yoga
Wellness challenge	Write healing messages to survivors of sexual assault throughout the SAAM	Identify your stressors then accept avoid, alter and adapt	It is stress awareness month, discover your ability to manage and identify stress	Practice positive self-talk. You are not responsible for the pain people cause.	Discover the light you possess; you never know who needs it so be warm, be light, and rage courage.	Show support to victims of sexual assault by donating to an agency supporting the victims	Reminisce on your favorite childhood memory and use it to heal the grown-up you.
Wellness challenge	It is the lesbian visibility week share Your story and show Your Pride	Affirm that you have to be visible and not be ashamed of who we are.	Read a book or research about the history of queer womxn	Practice gratitude. Write down things you are grateful for	Celebrate lesbian visibility day You may write a message of love or listen to queer podcasts	Organize a queer girl's night out just to celebrate small wins	Rest up early for Monday madness.

