

MINDFULNESS MAY

THEME; YOU ARE THE MOTIVATION YOU NEED

Wellness Journal

SLOWDOWN SUNDAY	MINDFUL MONDAY	TOUCH DOWN TUESDAY	WELLNESS WENESDAY	THANKFUL THURSDAY	FUNTIME FRIDAY	SELFCARE SATO
			1 Journaling: Write down your thoughts and feelings to clear your mind.	2 Practice random acts of kindness compliment, open the door or buy coffee for someone	3 Check in on friends just to make sure they are well.	4 Practice gentle yoga poses to release physical tension, invite a friend
5 Make some healthy juices and spend the day chilling and resting	6 Set wellness goals for the month and break them down into smaller, achievable steps	7 Spend time with a good book in a quiet place.	8 Digital detox Commit to no screen time for two hours before bed.	9 Write a thank you note to someone who has helped you in some way	10 Engage in a craft or hobby that requires focus and creativity.	11 Do simple stretches to relieve physical tension.
12 Appreciate a mother figure in your life. Happy mother's day	13 As you hydrate, Repeat positive affirmations to boost your mood.	14 Learn to Pause: Stop, take a breath, notice the moment then, proceed with awareness	15 Learn a new practice to help you feel happier and more connected	16 Perform a physical activity for 30 minutes, skip rope jump	17 Its IDAHOBIT Create something that celebrates LBQ identity, visibility, and resilience	18 Declutter. Make time to clean your space thoroughly. It can be surprisingly meditative
19 Prioritize sleep. go for 7-8 hours of sleep. Also track your sleep patterns.	20 Write down things that make you feel warm, and happy and fuzzy inside	21 Aim to drink at least 8 glasses of water daily.	22 Have meaningful conversation with a friend or loved one. CATCHUP ON LIFE	23 Do some healthy Baking. baking can be quite meditative, and the results a delicious.	24 Watch a comedy or reminisce on funny memories	25 Try a new workout routine (YouTube workout videos, dancing, yoga, etc.).
26 Accept yourself. Treat yourself the way you would treat a good friend.	27 Practise patience, that is how we get what we want	28 Discover the power of Trivia or Quiz Games in elevating focus	29 Find time for meditation. Reflect on your experiences and jot down any insights.	30 Write down things you have been grateful for during this Month	31 Track your progress throughout May and celebrate your successes.	

