

# HEALING APRIL

THEME: #TOLIWEKA

## MINDFULL MONDAY



What are you in control of? sometimes we put focus on things we can't change and concentrate less on those we can actually control.   
 #behumxn

Put away your phone for at least one hour. Use this time for quiet reflection   
 #digitaldetox

Learn about Consent: explore healthier relationships.

Practice, Forgiveness let go of grudges, even if it is for own inner peace.

## TENDER TUESDAY



Happy new month Let the planning begin.

Dear survivor, please remember that what happened to you is not your fault and does not define you.

There is no limit to what we, as women, can accomplish   
 Michelle Obama

The success of every woman should be an inspiration to others.   
 Serena Williams

Reflect on hope and healing: How have you grown and healed this month?

## WELLNESS WEDNESDAY



Mirror Affirmations Start the month by saying three kind things to yourself. Focus on self-acceptance and appreciation.

Plan for Continued Self-Care. Find 2-3 wellness practices you want to continue incorporating into your routine beyond April

Check in with your support network, are they okay? Are you okay? pick up the phone and find out.

Journal about happy days too? It's great when you read them all back.

Celebrate your wins, Your journey is worth remembering,

## THANKFUL THURSDAY



Make a "i look forward to corner" and daily, place in one thing you look forward to in the future.

Write a gratitude letter. What are you grateful for? and really appreciate?

Do something nice for someone else. it's nice to be nice today

Make a 'to-do' list and prioritise what needs to be done to avoid future stressful events.

## FEEL GOOD FRIDAY



Start reading a book or finish the one you gave up.

Practice setting boundaries, #Reflect on how you want to assert them.

Ask for help if you need it it's ok not to be ok

Plan a hangout with your friends, collective healing is therapeutic.

## SERENITY SATURDAY



Be kind to yourself, prioritize your needs and you'll be in a better position to help others.

Body scan meditation. Spend 15 minutes doing this and become more aware of any physical sensations and release that tension

Dedicate time to a relaxing self-care ritual by listening to calming music

Be strict with your routine, work is work and life is life.

## SENSUAL SUNDAY



Keep hydrated. Water is life.

Watch a Movie or read an Uplifting Book on hope and resilience

Go for a walk, a change of scenery, and vitamin D are good for your mood and immunity

REST UP or go out for a sweet treat.

EMERGENCY CONTACTS  
 Toll-Free Line: 0800 100 093  
 GBVIPV: 0757 709 096

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