



January

NEW YEAR NEW YOU

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
31 DAYS OF MENTAL HEALTH						1 Take a 30 minute walk outside
2 Spend 20 minutes decluttering your space	3 Write down 5 things you're thankful for	4 Spend the day off of social media	5 Check-in with a loved one	6 Go to bed 30 minutes earlier	7 Try a 5 minute deep breathing exercise	8 Only drink water all day
9 Practice your favorite hobby	10 Plan a healthy meal	11 Unfollow negative social media pages	12 Try 30 minutes of yoga	13 Cross something off of your to-do list	14 Start reading a new book	15 Spend 30 minutes outside
16 Plan a game night with friends	17 Try a 10 minute meditation	18 Have a phone free night	19 Watch your favorite movie/tv show	20 Adopt a new habit	21 Reflect on one good thing from the day	22 Donate items to charity
23 Spend some time reflecting on your day	24 Cook your favorite meal	25 Clean out your email inbox	26 Set 5 new goals for the year	27 Listen to your favorite music	28 Catch up with a friend	29 Find a way to volunteer
30 Treat yourself to a coffee or tea	31 Reflect on the last month					

