

# WELLNESS ACTIVITIES

Choose to focus on a few or try to do them all! Try to do it with a friend and use the hashtags below on social media  
#WellnessMonth #ShapingMyIdeal #IChooseWellness

- Get outside and walk for 15 minutes
- Start your day with a big glass of water
- Do 60 seconds of each - Bird Dog, Crunch, Side Plank, Bridge
- Try that fitness or recovery activity you've been waiting for
- Have a protein and veggie/fruit with each meal
- Choose the "healthier" option when dining out
- Park in back of the lot or take the stairs instead of the elevator

- Review your spending, find areas where you can save, and create a realistic budget
- Build up your safety net. Aim to build up 3-6 months of living expenses
- Find an additional revenue stream in your area of passion
- Ask or work for a raise or promotion
- Boost the amount you set aside for investments or retirement
- Set short term and long term financial goals. If you already have them- review them
- Use the snowball method to pay down debt

- Find your wellness buddy and share your journey online
- Sent a message thanking someone who had a positive influence on you
- Set a date to hang out with that person you've been meaning to
- Reconnect with your partner by doing something in their love language
- Invite a coworker on a walk with you
- Set a social media timer
- Have a no-distractions dinner with family or friends

- Find a book, podcast, or professional to improve your knowledge in an area you are trying to even out
- Practice 7-4-8 breathing (Inhale-Hold-Exhale)
- Create and use an inviting space to pray or meditate
- Listen to a TED talk about a subject you'd like to know more about
- Journal and list 1-3 things you are grateful for
- Choose more words of positivity and limit the use of negative words
- Create a mantra stating the kind of person you want to be