

# May

## Wellness Month



| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|---|---|--|---|---|---|--|
|   |   |  |   |   |   | <b>1</b><br><b>Social Saturday</b><br>Talk walk while catching up with a friend on the phone                     |
| <b>2</b><br><b>Self-Care Sunday</b><br>Meal prep dinners for the week                                   | <b>3</b><br><b>Mindful Monday</b><br>Practice a new breathing exercise at work  | <b>4</b><br><b>H2O Tuesday</b><br>Drink at least 64 ounces of water  | <b>5</b><br><b>Walking Wednesday</b><br>Take a 30 minute walk and log your walking time on the State Bar website  | <b>6</b><br><b>Thankful Thursday</b><br>List 7 things/people you are thankful for   | <b>7</b><br><b>Fit Friday</b><br>Attend an online group exercise class                | <b>8</b><br><b>Social Saturday</b><br>Join a social club for a shared interest, like reading, sewing, or a sport |
| <b>9</b><br><b>Self-Care Sunday</b><br>Meal prep lunches for the week                                   | <b>10</b><br><b>Mindful Monday</b><br>Get up from your desk once every hour to stretch and clear your head              | <b>11</b><br><b>H2O Tuesday</b><br>Drink at least 64 ounces of water | <b>12</b><br><b>Walking Wednesday</b><br>Take a 30 minute walk and log your walking time on the State Bar website | <b>13</b><br><b>Thankful Thursday</b><br>List 14 things/people you are thankful for | <b>14</b><br><b>Fit Friday</b><br>Plant five new things in your yard or garden        | <b>15</b><br><b>Social Saturday</b><br>Call a new friend on the phone to chat                                    |
| <b>16</b><br><b>Self-Care Sunday</b><br>Meal prep dinners for the week                                  | <b>17</b><br><b>Mindful Monday</b><br>Take three 5-minute breaks throughout the day to meditate                         | <b>18</b><br><b>H2O Tuesday</b><br>Drink at least 64 ounces of water | <b>19</b><br><b>Walking Wednesday</b><br>Take a 30 minute walk and log your walking time on the State Bar website | <b>20</b><br><b>Thankful Thursday</b><br>List 21 things/people you are thankful for | <b>21</b><br><b>Fit Friday</b><br>Try a new exercise program                          | <b>22</b><br><b>Social Saturday</b><br>Spend quality time with a family member or friend via video chat          |
| <b>23</b><br><b>Self-Care Sunday</b><br>Treat yourself to a hot bath or some other destressing activity | <b>24</b><br><b>Mindful Monday</b><br>Start your day with a 10 minute meditation before checking phone, computer, or TV | <b>25</b><br><b>H2O Tuesday</b><br>Drink at least 64 ounces of water | <b>26</b><br><b>Walking Wednesday</b><br>Take a 30 minute walk and log your walking time on the State Bar website | <b>27</b><br><b>Thankful Thursday</b><br>List 28 things/people you are thankful for | <b>28</b><br><b>Fit Friday</b><br>Focus on eating fruits and vegetables for each meal | <b>29</b><br><b>Social Saturday</b><br>Donate to a local charity that you are passionate about                   |
| <b>30</b><br><b>Self-Care Sunday</b><br>Meal prep dinners and lunches for the week                      |   |  |   |   |   |  |