

Healthy @ Home Well @ Work

Healthy @ Home:

1. Take 10 minutes to meditate.
2. Spend 10 minutes journaling.
3. Write down 3 things for which you are grateful.
4. Practice 3 positive self-talk phrases today.
5. Identify and write down your main goal for today.
6. Perform a Random Act of Kindness.
7. Engage in a calming bedtime routine, like taking 10 deep breaths or using progressive muscle relaxation.
8. Spend 5 minutes stretching when you first wake up in the morning or when it's time for bed.
9. Spend 15 minutes listening to your friend or family member tell you about their day.
10. Watch the sunset or sunrise.
11. Choose a mantra for yourself and repeat it throughout your day.
12. Say something kind to someone who needs a pick-me-up.
13. Donate to or volunteer at your favorite charity.
14. Make a plant-based meal.
15. Try a new recipe.
16. Cook dinner with someone.
17. Get 8 hours of sleep.
18. Make ½ of your plate fruits or vegetables.
19. Spend an evening without screens/technology.
20. Go a full day without TV.
21. Visit a park.
22. Host a family/friend movie night.
23. Have a picnic.
24. Go for a walk with a friend or family member.
25. Set and follow a technology bedtime.
26. Avoid talking about work for an entire evening.
27. Call a friend or family member.
28. Read a book for 10 minutes or more.
29. Host a family/friend game night.
30. Reorganize pantry or fridge so healthier choices are up front.
31. Use reusable grocery bags instead of plastic.
32. Practice 5 minutes of deep breathing.