





August 2021



Self-Care Inspiration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Take a nap.</p>  <p>01</p>	<p>Regardless of perceived talent, try a sketch.</p> <p>02</p>	<p>Count the lightning bugs.</p> <p>03</p>	<p>Make time for your hobby.</p> <p>04</p>	<p>Make today's dinner on the grill.</p> <p>05</p>	<p>Plan a road trip.</p> <p>06</p>	<p>Wear a T-shirt that makes you happy.</p> <p>07</p>
<p>Pick some flowers.</p> <p>08</p>	<p>Find time for yourself.</p> <p>09</p>	<p>Start today with 10 minutes of stretching.</p> <p>10</p>	<p>Try an exercise at the drop in rate.</p> <p>11</p>	<p>Take a bike ride.</p>  <p>12</p>	<p>Want for nothing today.</p> <p>13</p>	<p>Declutter one area of your home today.</p> <p>14</p>
<p>Enjoy the sunrise or the sunset (or both).</p> <p>15</p>	<p>Eat one meal outdoors.</p>  <p>16</p>	<p>Explore your local farmers' market.</p> <p>17</p>	<p>Recharge with meditation.</p> <p>18</p>	<p>Focus on hydration today and count your ounces.</p> <p>19</p>	<p>Make a deposit to your savings account.</p> <p>20</p>	<p>Plan an early morning hike or walk.</p> <p>21</p>
<p>Play some backyard games with friends or family.</p> <p>22</p>	<p>Schedule a five minute break on your calendar.</p> <p>23</p>	<p>Make someone feel special today.</p> <p>24</p>	<p>Find time to read.</p> <p>25</p>	<p>Eat your servings of fruit & vegetables.</p> <p>26</p>	<p>Indulge today.</p>  <p>27</p>	<p>Say "Please" and "Thank You".</p> <p>28</p>
<p>Plan your lunches for the week.</p> <p>29</p>	<p>Explore your state parks.</p> <p>30</p>	<p>Explore ways to improve your sleep.</p> <p>31</p>			<p>For more inspiration, check out our Wellbeing Insights e-magazine</p>	<p>Click on the links for the resources to get started.</p>