30 days to better well-being

The past year has been rough in so many ways. You can't fix everything, but you can take some simple steps to feel a bit better.



JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		It's National Say Something Nice Day. Take a moment to offer someone a kind word, or to drop a congratulatory note for a job well done. 1	Plan to take a day off before the end of this month. 2	Watch a funny movie. Humor helps build optimism, which is good for your mental health. 3	Moisturize your hands. All the washing and hand sanitizer can be really hard on your skin. 4	Try intermittent exercise — like do a set of squats or pushups every time you get up from your desk. 5
Listen to podcast or watch a video of someone who inspires you. 6	Go to sleep early tonight. 7	It's National Best Friends Day. Call your bestie — or all of them. 8	Have an impromptu dance party in the middle of the day. 9	Breathe slowly for 5 minutes. 10	Take 8,000 steps today, even if you never leave the house. 11	Write down three things you're proud of this week. 12
Get outside today. Check out a local trail or a state or national park (if open) you haven't visited before. 13	Talk to yourself like you would to someone you love. 14	Choose a positive mantra for the day — like "I am free to be myself" or "I'm so grateful." 15	Say no — whether it's to yet another video happy hour or a task you just can't manage right now. 16	Write down three small goals you have in life. (People with goals tend to be happier.) 17	It's National Splurge Day. Do something nice — and slightly extravagant — for yourself. You deserve it! 18	Celebrate the things you do well today, no matter how small. 19
It's Father's Day, a good time to write down three things you are grateful for. 20	Today is the second day of summer! Plan an evening barbecue, or just go out and watch the sunset. 21	Try a mindfulness exercise. Pay special attention to the details of an activity you enjoy, like taking a walk or drinking a cup of coffee. 22	Try a healthy new recipe today. 23	If you're a worrier, try replacing "what if…" with "even if…" when something you're fretting about crosses your mind. 24	Make a donation to your favorite charity. If you don't have the money right now, do something nice for a neighbor—or a stranger. 25	Share three good things that happened today over dinner. 26
Go off the grid for the day. 27	Dream up a summer vacation — if not for this year, maybe next year. Everyone needs something to look forward to. 28	Wake up a little early today to give yourself time for reflection or a morning walk — or both. 29	Write down your favorite memories of the past month. 30			

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