

















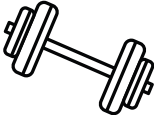











# JULY 2021

# 1N5

SUN	MON	TUE	WED	THU	FRI	SAT
<p>ALLOWING OURSELVES TO FEEL ALL OF OUR EMOTIONS, NOT JUST THE HAPPY ONES, HELPS US MOVE FORWARD INSTEAD OF GETTING STUCK</p>	<p>AN ESSENTIAL COMPONENT OF BEING ABLE TO COPE WITH EMOTIONS IS THE PRACTICE OF SELF-COMPASSION</p>	<p>YOU DESERVE TO LET YOURSELF EXPERIENCE ALL OF YOUR EMOTIONS, AND TO TREAT YOURSELF WITH KINDNESS AND CARE</p>	<p>BEING ABLE TO FEEL OUR FEELINGS ACTUALLY MAKES US STRONGER AND MORE RESILIENT</p>	<p>1 DO SOMETHING THAT MAKES YOU HAPPY TODAY</p> 	<p>2 DO SOMETHING OUTSIDE</p> 	<p>3 JOURNAL ABOUT THE EMOTIONS YOU FELT TODAY</p> 
<p>4 CONNECT WITH A FRIEND</p> 	<p>5 LISTEN TO ONLY HAPPY MUSIC TODAY</p> 	<p>6 DO YOUR FAVORITE EXERCISE</p> 	<p>7 READ A BOOK FOR 30 MINUTES</p> 	<p>8 DO A SHORT MEDITATION</p> 	<p>9 DO SOMETHING THAT WILL MAKE YOU LAUGH TODAY</p> 	<p>10 PRACTICE YOUR FAVORITE SELF-CARE ACTIVITY</p> 
<p>11 GO FOR A WALK OR JOG</p> 	<p>12 DO SOMETHING OUT OF YOUR COMFORT ZONE</p> 	<p>13 GO OUTSIDE AND APPRECIATE THE SCENERY</p> 	<p>14 WATCH MOTIVATIONAL VIDEOS</p> 	<p>15 CALL A FRIEND YOU HAVE NOT SPOKE TO IN A WHILE</p> 	<p>16 DO SOMETHING TO RELAX</p> 	<p>17 DO SOMETHING KIND FOR SOMEONE</p> 
<p>18 WEAR SOMETHING THAT MAKES YOURSELF FEEL GOOD</p> 	<p>19 JOURNAL ABOUT WHAT YOU CAN DO TO PRACTICE SELF-LOVE</p> 	<p>20 TRY A NEW EXERCISE</p> 	<p>21 UNPLUG FROM TECHNOLOGY TODAY</p> 	<p>22 VOLUNTEER SOMEWHERE WITH A FRIEND</p> 	<p>23 START READING A SELF-CARE BOOK</p> 	<p>24 SPEND TIME WITH FAMILY TODAY</p> 
<p>25 GET 8 HOURS OF SLEEP TONIGHT</p> 	<p>26 TALK ABOUT YOUR FEELINGS WITH A FRIEND</p> 	<p>27 UNFOLLOW NEGATIVE SOCIAL MEDIA ACCOUNTS</p> 	<p>28 JOURNAL ABOUT WHAT YOU ARE GRATEFUL FOR</p> 	<p>29 DO A DEEP BREATHING EXERCISE</p> 	<p>30 START YOUR DAY WITH 3 POSITIVE AFFIRMATIONS</p> 	<p>31 DO SOMETHING TO TREAT YOURSELF</p> 