

JANUARY 2024

Mental Wellness Awareness Month

the time to take better care of your mental health, release stress and become happier.

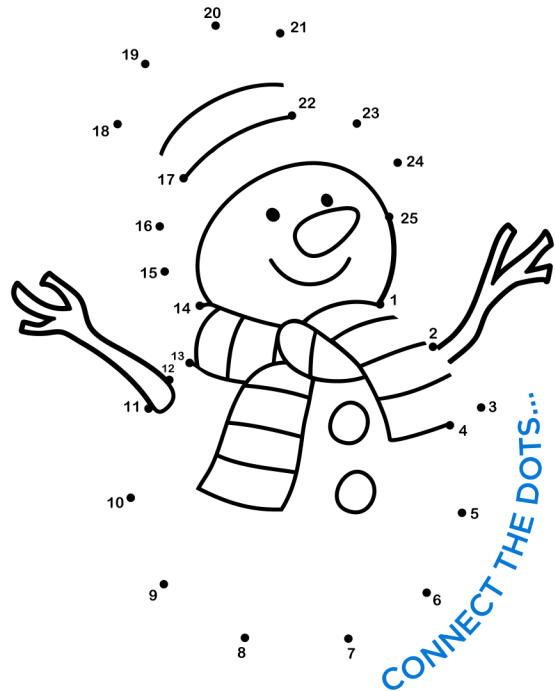
EST. 1949



1 IN 20 ADULTS EXPERIENCE SERIOUS MENTAL ILLNESS EACH YEAR

APRICOTS CAN HELP TO:

- Improve Digestion
- Improve Bone Health
- Promote Eye Health
- Promote Skin Health



Your mental health is everything - prioritize it. Make the time like your life depends on it, because it does.

- Mel Robbins



50% OF ALL LIFETIME MENTAL ILLNESS BEGINS BY AGE 14

&



75% BY AGE 24

Wellness Activities

EVALUATE: Check where you're at physically and mentally. It is ok to ask for help!

DRINK WATER: And eat healthy!

BE PATIENT WITH YOURSELF: You're doing the best you can and that is ok!

SET BOUNDARIES: It is ok to say no.

GET MOVING: Stretch, do some yoga - anything!

BE CONNECTED: Find ways to socialize!

CREATE: All art is good art. Get creative!

BE STILL: Find ways to rest both physically and mentally. Journaling is great!

MONTHLY MENTAL HEALTH GOAL: _____



JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>WELLNESS CHALLENGE: Start a journal!</p>	<p>2</p> <p>Motivation and Inspiration Day</p>	<p>3</p> <p>International Mind-Body Wellness Day</p>	<p>4</p> <p>Types of Therapy... https://www.talkspace.com/blog/different-types-therapy-psychotherapy-best/</p>	<p>5</p> <p>STAY ACTIVE!</p> 	<p>6</p>
<i>SOMEDAY WE'LL LAUGH ABOUT THIS WEEK</i>						
<p>7</p>	<p>8</p> <p>Insomnia Test https://www.talkspace.com/assessments/insomnia-test</p>	<p>9</p> <p>National Apricot Day</p> 	<p>10</p> <p>EAT YOUR VEGGIES</p> 	<p>11</p> <p>WELLNESS CHALLENGE: Go to bed early tonight!</p>	<p>12</p> <p>STAY HYDRATED</p> <p>Don't forget to drink some water!</p> 	<p>13</p>
<p>14</p>	<p>15</p> <p>MLK DAY</p> 	<p>16</p> <p>Pandemic Time Skip... https://www.talkspace.com/blog/pandemic-time-skip/</p>	<p>17</p> <p>International We Are Not Broken Day</p>	<p>18</p> <p>DAILY DOSE OF VITAMIN D</p> 	<p>19</p> <p>WELLNESS CHALLENGE: Do something creative!</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>National Hot Sauce Day</p> 	<p>23</p> <p>WELLNESS CHALLENGE: Listen to a new song!</p>	<p>24</p> <p>EAT HEALTHY</p>	<p>25</p> <p>Climate Change vs. Mental Health https://www.talkspace.com/blog/climate-change-and-mental-health/</p>	<p>26</p> <p>REACH OUT FOR SUPPORT</p> 	<p>27</p>
<i>HUNT FOR HAPPINESS WEEK</i>						
<p>28</p>	<p>29</p> <p>National Puzzle Day</p> 	<p>30</p> <p>SELF LOVE</p> 	<p>31</p> <p>WELLNESS CHALLENGE: Have a phone free night.</p>			

TO-DO LIST

