

# Daily Dose of Calm



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1 LIST 3 THINGS YOU ARE GRATEFUL FOR	2 TAKE A 10-MINUTE WALK OUTSIDE	3 TAKE A DEEP BREATHING BREAK	4 LISTEN TO YOUR FAVORITE ARTIST ON REPEAT	5 PRACTICE 5 MINUTES OF YOGA	6 DISCONNECT FROM SOCIAL MEDIA
7 TAKE A LONG BATH OR SHOWER	8 PRACTICE 10 MINUTES OF MINDFULNESS	9 COLOR DOODLE PAGES FROM OHIOPHP	10 JOURNAL FOR 15 MINUTES (CHECK OUT THE PROMPTS IN OHIOPHP MONTHLY)	11 SPEND TIME WITH FRIENDS AND FAMILY	12 CUDDLE WITH A PET OR LOVED ONE	13 PROGRESSIVE MUSCLE RELAXATION
14 SWAP OUT 1 CAFFEINE DRINK FOR WATER	15 TRY A 7-MINUTE WORKOUT	16 GO TO BED 30 MINUTES EARLIER	17 TAKE A 2-MINUTE DANCE BREAK	18 TRY CHEWING GUM	19 TAKE A QUICK CATNAP	20 TRY A NEW FOOD OR RESTAURANT
21 DO THAT ONE THING YOU HAVE BEEN PUTTING OFF	22 SCHEDULE YOUR ANNUAL CHECK UP	23 WATCH YOUR FAVORITE SHOW	24 DIFFUSE SOME LAVENDER ESSENTIAL OIL	25 TAKE MORE BREAKS THAN NORMAL	26 BAKE YOUR FAVORITE TREAT	27 STRETCH FOR 10 MINUTES
28 TIDY UP ONE AREA OF YOUR HOME	29 READ A GOOD BOOK	30 RESEARCH A NEW HOBBY				