AUGUST 2024
Focus on Overall Wellness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE FIRST WEEK OF AUGUST HANGS AT THE VERY TOP OF SUMMER...LIKE THE HIGHEST SEAT OF A FERRIS WHEEL WHEN IT PAUSES IN ITS TURNING. - NATALIE BABBITT				**1** FIRST DAY OF SCHOOL! Make this your year! You've got this!	**2** NEW MONTH — NEW GOALS / NEW MINDSET / NEW FOCUS / NEW INTENTIONS / NEW RESULTS	**3** NATIONAL GEORGIA DAY Spend the day enjoying all our great state has to offer.
4 National Eye Exam Month How are your eyes? Schedule an appointment this month.	**5** No Spend Day Designate one day a week to not spend any money to see how much you can save.	**6** SQUARE BREATHING inhale 2...3...4 / breathe / hold 2...3...4 / rest 2...3...4 / exhale 2...3...4	**7** I WILL NOT compare myself to strangers on the internet.	**8** Try a Progressive Muscle Relaxation to Reduce Stress You can find great ones with a quick YouTube search.	**9** National Book Lovers Day What is on your TBR list? Pick up one today and try to finish a chapter before you go to bed.	**10** "Almost everything will work again if you unplug it for a few minutes, including you." -Anne Lamott
11 Challenge Yourself to Get a 15 minute Walk in Today.	**12** What Brings You Joy? Write it down, and visit this list often when you need a pick-me-up.	**13** Almost Halfway There! The month is almost halfway over. Check in with your goals and stay on track.	**14** It's Ok to Not Be Ok A mental health professional or health care provider can help.	**15** Did You Know? Your EAP program is available to help you and members of your household 24/7? Call them today to get help with finances, legal issues, and mental health counseling. 866-279-5177	**16** Quick Morning Workout 20 Jumping Jacks 10 Squats 60 Second Plank	**17** Rest is Just as Important as Doing. Take Time Today to Rest.
18 Regular exercise can help you sleep better and boost your resilience to stress.	**19** "Act as if what you do makes a difference. IT DOES." WILLIAM JAMES	**20** Multitasking can actually hinder your progress. Slow down and do 1 thing at a time.	**21** Have lunch with a co-worker you want to get to know better today.	**22** 8-4-7 Breathing 1. Exhale deeply through mouth for 8 seconds. 2. Inhale through nose for 4 seconds. 3. Hold breath for 7 seconds. 4. Repeat.	**23** Create an After-Work Routine to put structure between work and home. Try going for a walk, write a list for the next day, or call a loved one.	**24** Practice Mindful Breathing Place your hand on your stomach, and breath in deeply. Breath out slowly. Calm your mind, and repeat.
25 Meal Prep for the Week, and choose healthy snacks and lunches.	**26** Today is National Dog Day! Spend some quality time with your furry bestie or donate items to a local shelter or foster organization.	**27** Tackle 3 Things on Your To-Do List Before 10 am. You'll be surprised how good it will feel!	**28** Leave Work on Time Today Go and and do something just for you.	**29** Big Projects can feel overwhelming. Create a plan, and break things down to more realistic goals.	**30** YOU ARE ENOUGH.	**31** CONGRATS! You made it through August! Make sure to check in with your goals and see how you did. Start thinking about September's goals while you're at it!

HOW TO USE THIS CALENDAR: If you are new to your wellness journey, try starting with choosing 1 activity per week. As you are able, you can add a second or third activity to do per week. The goal of this calendar is to provide ideas to help you on your path to wellness whether that is to complete every task or it is to give you a starting point. However you choose to use this calendar, just know there is no right or wrong, only what works for you.

HENRY CARES