

JULY 2020

DAILY WELLNESS CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Join Recreational Sports' <u>Hokie Employee Movement Club</u>	2 Check in on loved ones who are less tech-savvy, and offer support	3 Make sure that you are registered to vote	4 Keep an extra bottle of sunscreen in your car or a bag that you carry with you
5 Put together and send a care package to someone	6 Plan three self-care activities for yourself this week	7 Stay active while working at your desk with a <u>chair yoga</u> exercise	8 Share a special poem, story, or song with a loved one	9 Take a break away from your phone for one hour today	10 Attend a local government meeting and learn about community issues	11 Look into loan refinancing options while rates are low
12 Save money on fuel by making sure your tires are properly inflated	13 Pick out a few ways to <u>make your living space more energy efficient</u>	14 Share a positive news article with someone	15 Recognize three of your recent accomplishments, big or small	16 View the Perspective Gallery's virtual art exhibit, " <u>Medicine Show</u> "	17 Sign up for a checking or savings account with benefits	18 Spend ten minutes journaling this morning
19 Create an encouragement board at home or work	20 Stretch before bed and when you wake up each day this week	21 Have a fresh, ripe stone fruit for dessert and savor the taste of summer	22 Publicly recognize a colleague's hard work	23 Spend some time outside in nature today; <u>it's good for your mental health</u>	24 Buy locally sourced and produced items whenever possible	25 Spend time collecting and organizing your favorite recipes
26 Create a meal using only what you have in the pantry	27 Teach someone a new skill	28 Make drinking water more fun by making <u>infused water</u>	29 Make a list of three things you love about yourself	30 Switch to a reusable bottle	31 Make a meal using a fruit or vegetable that you've never tried before	

Congrats! You made it through July.
For more ways to stay well throughout the year, visit:
<https://www.hokiewellness.vt.edu>