### DAILY WELLNESS CHALLENGE

**SUN**
- 5. Put together and send a care package to someone

**MON**
- 6. Plan three self-care activities for yourself this week

**TUE**
- 7. Stay active while working at your desk with a chair yoga exercise
- 12. Save money on fuel by making sure your tires are properly inflated

**WED**
- 1. Join Recreational Sports’ Hokie Employee Movement Club
- 8. Share a special poem, story, or song with a loved one

**THU**
- 9. Take a break away from your phone for one hour today

**FRI**
- 10. Attend a local government meeting and learn about community issues
- 11. Look into loan refinancing options while rates are low

**SAT**
- 13. Pick out a few ways to make your living space more energy efficient
- 14. Share a positive news article with someone

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**SUN**
- 15. Recognize three of your recent accomplishments, big or small

**MON**
- 16. View the Perspective Gallery’s virtual art exhibit, “Medicine Show”

**TUE**
- 17. Sign up for a checking or savings account with benefits

**WED**
- 22. Publicly recognize a colleague’s hard work

**THU**
- 23. Spend some time outside in nature today: it’s good for your mental health

**FRI**
- 24. Buy locally sourced and produced items whenever possible

**SAT**
- 25. Spend time collecting and organizing your favorite recipes

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### Congrats! You made it through July. For more ways to stay well throughout the year, visit:  
[https://www.hokiewellness.vt.edu](https://www.hokiewellness.vt.edu)