



July Wellness Calendar

Use these ideas to care for yourself.

	M	T	W	Th	F	Sat
Sun	1 Make a goal for the month	2 Sleep in an hour more than usual	3 Set a specific intention for your day	4 Happy Fourth of July! Celebrate with loved ones	5 Challenge yourself to drink more water	6 Read up on swimming safety
7 Pratice forgiveness for today	8 Check in on a friend	9 Try a new recipe	10 Pratice self-compassion today	11 Track your moods this week	12 Try to stay off social media for a whole day	13 Learn a new skill
14 Consider counseling or taking a mental health screening	15 Declutter your space	16 Pratice mindfulness with a short exercise	17 Prioritize rest	18 Read up on heat safety	19 Listen to your favorite music	20 Reflect on your relationships
21 Get involved in a cause your are passionate about	22 Take time out during the day to reflect on your feelings	23 Light your favorite Candle	24 Try meal prepping for the week	25 Move Mindfully	26 Indentify people you can reach outto for support	27 Treat yourself to your favorite food
28 Spend time outside	29 Check in on your basic needs	30 Celebrate International Friends Day!	31 Make a list of things you accomplished this month	 #WSUWeSupportU Counseling and Psychological Services	 HOPE Services #WSUWeSupportU	 Student Health Services

[screening.mentalhealthscreening.org/
WICHITASTATE](https://screening.mentalhealthscreening.org/WICHITASTATE)