

# YOUR WELLBEING MATTERS



Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	March 15	March 16	March 17	March 18	March 19
<b>Physical</b>	Free Day	Free Day	Free Day	Free Day	Free Day
	March 22	March 23	March 24	March 25	March 26
<b>Mental</b>	State out loud five things you appreciate	Post a picture that makes you feel beautiful and tag GRP so we can celebrate you	Write down 5-10 things you find beautiful about yourself	Listen to an uplifting song	Free Day
	March 29	March 30	March 31	April 1	April 2
<b>Emotional</b>	Pause and take six deep, intentional breaths and notice how you feel afterward	Notice the sensations and feelings in you body as you brush your teeth, eat a meal, or shower	Write down 10-15 things you consider beautiful	Take 7-10 minutes a do a body scan noticing where you feel tension. Try to release the tension as you find it	Free Day
	April 5	April 6	April 7	April 8	April 9
<b>Social</b>	Call a friend or family member to catch up and really listen while they speak	Ask a friend or family member how they have been feeling lately	Tell someone else what you find beautiful about them	Perform an act of kindness to someone	Free Day

*Realizing and Cherishing My Beauty*

**BEAUTIFUL**