

AUGUST 2021

NATIONAL WELLNESS MONTH

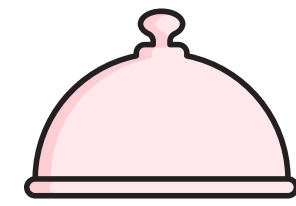
How will you practice wellness? Close your eyes and point to something new to try today:



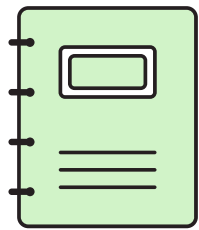
Take a deep breath



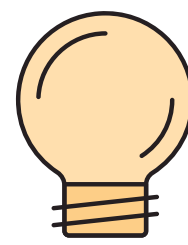
Start a daily journal for your thoughts



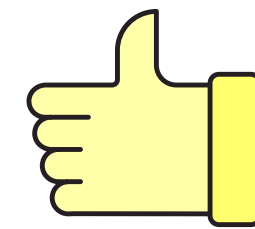
Try a new dish or food item



Read a book from a genre that's not your usual



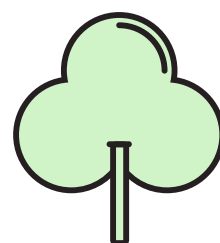
Learn a new skill



Make a new friend



Dance like no one's watching



Spend time outside



Drink plenty of water



Stretch or do yoga



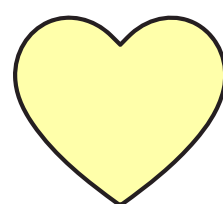
Plan some goals



Focus on yourself



Call a friend or family member



Create a photo album of your favorite pictures



Exercise