

## MONDAY

- Do 5 minutes of deep belly breathing.
- Call or text a family member to say hello.

## TUESDAY

- Spend an hour doing a hobby you love.
- Make sure you drink enough water today! Drink ½ of your body weight in ounces.

## WEDNESDAY

- Post a photo of you doing a healthy activity on social media or send it to a friend.
- Take a 15 minute walk outside.

## THURSDAY

- Write down at least 3 things you are grateful for today.
- Try 5 minutes of box/square breathing.

## FRIDAY

- Take a social media break for the day and focus on the life around you.
- Spend a half hour reading a book you haven't had time for.

## SATURDAY

- If you feel tired, take a nap or meditate.
- FaceTime/Video Call/Call a friend and ask how they are doing.

## SUNDAY

- Journal about your week – celebrate your accomplishments!
- Unfollow negative social media accounts.

## REMEMBER:

- **You are not alone!**
- **We are all in this together!**
- **You are doing a great job!**