

NATIONAL WELLNESS MONTH

This is the month to focus on prioritizing your self-care, managing stress, and promoting healthy routines.

CHANGE YOUR THOUGHTS AND YOU'LL CHANGE YOUR WORLD

Try to get outside and take a walk today!



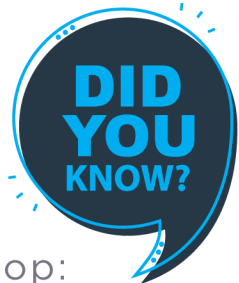
It only takes **20 minutes** for your brain to start releasing endorphins and dopamine (the feel-good hormones.)

Small changes that can lead to healthy habits in your lifestyle:

- Increase water intake.
- Add more fruits/veggies to your meals.
- Monitor your sleep habits.
- Join a yoga, walking or aerobics class.
- Learn to meditate.

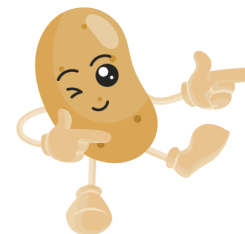
The only thing that will make you happy is being happy with who you are.
-Goldie Hawn

THERE IS NO FAILURE; YOU EITHER WIN OR LEARN



Of the potato crop:









- **35%** is turned into frozen french fries
- **28%** are used for fresh potatoes.
- **13%** become chips and shoestrings.



Enjoy National Potato Day on August 19th!

MONTHLY MENTAL HEALTH GOAL: _____

AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				 1	National Ice Cream Sandwich Day  2	3
4	Enjoy a 30 minute walk today! 5	Panic Disorder Test https://www.talkspace.com/assessments/panic-disorder-test 6	Happiness Is Maximized at 57 °F 7	National Happiness Happens Day  8	"MAKE" Today Great 9	10
NATIONAL SIMPLIFY YOUR LIFE WEEK						
11	5 TIPS TO SURVIVE THE SCHOOL YEAR https://www.talkspace.com/blog/coronavirus-mental-health-school-year-homeschooling-tips/ 12	Being happy never goes out of style. -Lilly Pulitzer 13	 14	National Relaxation Day  15	Take a 30 minute nap today! 16	17
18	National Potato Day  19	 20	Mental Health Crisis https://www.talkspace.com/blog/mental-health-crisis/ 21	Read a book for 30 minutes today! 22	Research has determined people are most happy at 7:26PM on Saturday nights.  23	24
25	 26	Happiness is contagious; surround yourself with happier people. 27	Call a family member for 30 minutes today! 28	National Grief Awareness Day 29	8 Best Breathing Exercises https://www.talkspace.com/blog/breathing-exercises-for-sleep/ 30	31

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