

JANUARY 2025

National Mental Wellness Awareness Month

the time to take better care of your mental health, release stress and become happier.

EST. 1949



it's  ok
not to
be  ok

Wellness Activities

EVALUATE: Check where you're at physically and mentally. It is ok to ask for help!

DRINK WATER: And eat healthy!

BE PATIENT WITH YOURSELF: You're doing the best you can and that is ok!

SET BOUNDARIES: It is ok to say no.

GET MOVING: Stretch, do some yoga - anything!

BE CONNECTED: Find ways to socialize!

CREATE: All art is good art. Get creative!

BE STILL: Find ways to rest both physically and mentally. Journaling is great!

The general rule of thumb is to drink 1 ounce of water for every 2 lbs of body weight.

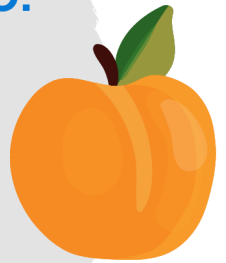
Are you drinking enough water?



1 IN 20 ADULTS EXPERIENCE SERIOUS MENTAL ILLNESS EACH YEAR

APRICOTS CAN HELP TO:

- Improve Digestion
- Improve Bone Health
- Promote Eye Health
- Promote Skin Health



50%

OF ALL LIFETIME MENTAL ILLNESS BEGINS BY AGE 14

&

75%

BY AGE 24

Your mental health is everything - prioritize it. Make the time like your life depends on it, because it does.












- Mel Robbins



MONTHLY MENTAL HEALTH GOAL: _____



JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 "The greatest wealth is health." <i>Virgil</i>	2 WELLNESS CHALLENGE: Have a phone free night.	3 International Mind-Body Wellness Day 	4
SOMEDAY WE'LL LAUGH ABOUT THIS WEEK						
5	6 How to build mental resilience... https://www.talkspace.com/blog/how-to-build-mental-resilience/	7 WELLNESS CHALLENGE: Start a journal!	8 REACH OUT FOR SUPPORT 	9 National Apricot Day 	10 MENTAL HEALTH	11
12	13 EAT YOUR VEGGIES 	14 Insomnia Test https://www.talkspace.com/assessments/insomnia-test	15 WELLNESS CHALLENGE: Go to bed early tonight!	16 STAY ACTIVE! 	17 International We Are Not Broken Day 	18
19	20 MLK DAY 	21 National Hugging Day 	22 DAILY DOSE OF VITAMIN D 	23 Breaking the Stigma... https://www.talkspace.com/blog/breaking-therapy-stigma/	24 WELLNESS CHALLENGE: Do something creative!	25
HUNT FOR HAPPINESS WEEK						
26	27 WELLNESS CHALLENGE: Listen to a new song!	28 Worry vs. Anxiety https://www.talkspace.com/blog/worry-vs-anxiety/	29 SELF LOVE 	30 National Croissant Day 	31 DRINK MORE WATER 	

TO-DO LIST

