



MyWellbeing

July Mental Health Calendar



<p>Find the right therapist or coach for you. <u>Get matched for free.</u></p>				<p>1 Blog: 3 Breathing Techniques That Actually Work</p>	<p>2 Thank an essential worker</p>	<p>3 Small Talks: I don't want lockdown to end, is that weird?</p>
<p>4 Say “no” to something that is draining for you</p>	<p>5 Blog: How to Deal With Reopening Anxiety</p>	<p>6 Take fifteen minutes to simply do nothing</p>	<p>7 Small Talks: How to reduce anxiety around returning to an in-person world</p>	<p>8 Block time on your work calendar for uninterrupted lunch</p>	<p>9 Blog: The New Normal After COVID-19</p>	<p>10 Say “yes” to something stressful that you know you’ll still enjoy</p>
<p>11 Small Talks: How can I set boundaries without feeling guilty?</p>	<p>12 Hold space for someone who is feeling grief (it can be yourself!)</p>	<p>13 Blog: How to Find Balance When Worrying About the Future</p>	<p>14 Slowly breathe in for 4, hold for 4, and out for 4. Repeat 10 times</p>	<p>15 Small Talks: Guided meditation</p>	<p>16 Reach out to a friend you’ve been thinking about</p>	<p>17 Blog: Setting Boundaries After COVID-19</p>
<p>18 Volunteer with or donate to a cause you care about</p>	<p>19 Small Talks: COVID made me realize I dislike my work. What now?</p>	<p>20 Think about three things that went well today</p>	<p>21 Blog: Reopening, Immunocompromised Individuals, and Stigma</p>	<p>22 Tense each muscle group in your body for 10 seconds & release</p>	<p>23 Small Talks: I'm scared to talk to a stranger. What can I do?</p>	<p>24 Take a quiet walk on your own to your favorite neighborhood spot</p>
<p>25 Blog: What to Do When it Feels Like the World is Ending</p>	<p>26 Try out a “pre-pandemic” activity you haven’t done in a while</p>	<p>27 Small Talks: What can I do that is restorative and away from screens?</p>	<p>28 Take a break from the news and social media for an hour (or day!)</p>	<p>29 Blog: 4 Ways to Build and Manage Resilience</p>	<p>30 Small Talks: Tips for calming your body and heart rate</p>	<p>31 Write down the best things that happened this month</p>