



16 Days of Wellness

Use the calendar on the next page to jumpstart your mental wellness. By following this calendar, you are learning to care for yourself in a deep way and begin your journey to healing. The calendar includes activities and reflections to take you into a deeper understanding of self.

Please note, that this calendar is meant for self care purposes only. It is not a replacement for psychotherapy or other forms of professional health. If you are struggling, please reach out to a therapist for support and guidance.



16 Days to Wellness

<p>Day 16:</p> <p>Consider how each of these areas are going in your life:</p> <p>Friendship, Family, Romantic Relationships, Hobbies, Finances, Job Satisfaction, Living Environment, Physical Health, Mental Health, Spirituality.</p> <p>Choose one of these areas to send loving focus to over the next 16 days.</p>	<p>Day 2:</p> <p>Breathe mindfully for 5 minutes.</p> <p>Make a list of the things you have said “yes” to but that you wish you said “no” to.</p> <p>Explore why this is. How can you begin saying “no” to things that do not serve you?</p>	<p>Day 3:</p> <p>Breathe Mindfully for 5 minutes</p> <p>Take a walk outside.</p> <p>Call a friend to schedule some healthy time together.</p>	<p>Day 4:</p> <p>Breathe Mindfully for 5 minutes</p> <p>Journal positive affirmations about yourself. Write down your successes and what you like.</p>
<p>Day 5:</p> <p>Exercise your body. Either stretch or do cardio.</p>	<p>Day 6:</p> <p>Limit your technology intake.</p>	<p>Day 7:</p> <p>Watch a mindfulness or meditation video or download an app like “Calm” or “Headspace”</p>	<p>Day 8:</p> <p>Take care of yourself in a way that you have neglected. Get a haircut. Get your nails done.</p>
<p>Day 9:</p> <p>Create a menu for the next 3 days that includes healthy and nourishing foods. Go shopping and buy the items.</p>	<p>Day 10:</p> <p>Consider your goals. Make a list and choose one thing to take action on.</p>	<p>Day 11:</p> <p>Move outside of yourself. Do an act of kindness, send a thank you card to someone, let someone know you love them.</p>	<p>Day 12:</p> <p>Make a list of people that you are angry with.</p> <p>If not released, this anger can be toxic. Consider what you need to let it go.</p>
<p>Day 13:</p> <p>Start reading a book like “Mans Search for Meaning” or something else that inspires you.</p>	<p>Day 14:</p> <p>Move your body and only put nice things into it.</p>	<p>Day 15:</p> <p>List what you are grateful for.</p>	<p>Day 16:</p> <p>Reflect on the past 16 days using the reflection questions on the next page.</p>



Reflection Questions

Use a piece of paper or write in your journal. Take time to consider your responses to these questions.

1. What was challenging?
2. What was easy?
3. What mindset shifts still need to be made?
4. What did you learn about yourself
5. Where did you find yourself resisting change?
6. What do you want to maintain from your 16 day challenge?
7. How will you do that?
8. Where would you like to go from here?