



HEALTH AND WELLNESS APRIL 2015 CHALLENGE

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			<p>1 Swap 1 reg coffee for decaf.</p> <p>Reduced caffeine - promotes sleep</p>	<p>2 Laugh at life's hassles today.</p> <p>Reduces stress in challenging situations</p>	<p>3 Sign up for a class you have put off.</p> <p>Make new friends</p>	4
5	<p>6 Meditate . . .</p> <p>Connect with your spirituality</p>	<p>7 Switch up routine . . .</p> <p>Drive a different route, or eat a different meal.</p>	<p>8 Write down your goals and dreams . . .</p> <p>Recreate a new one for today</p>	<p>9 Make a reasonable to-do list for today,</p> <p>Meeting priorities</p>	<p>10 Spend 10 minutes on a funny web site, TV show or book.</p> <p>Laughter can reduce stress</p>	11
12	<p>13 Remember an accomplishment from the past.</p> <p>Call & exchange them with a friend today.</p>	<p>14 Refrain from reliving your mistakes.</p> <p>Think positive and create a new project.</p>	<p>15 Call your parents today.</p> <p>Thank them for all they do, take them to lunch or do the same for a friend</p>	<p>16 Pay it forward . . .</p> <p>Do something nice for someone today - make a donation or volunteer.</p>	<p>17 Identify positive parts of a difficult memory.</p> <p>Discuss / share it with someone you trust.</p>	18
19	<p>20 Practice deep breathing and focus on inhaling and exhaling.</p> <p>Listen to music you love while you deep breathe</p>	<p>21 Send someone a thank you note.</p> <p>"Do unto others!"</p>	<p>22 Take the stairs or the long way around to your destination.</p> <p>Increases the flow of blood and stimulates the brain to start the day.</p>	<p>23 Hold a door open for someone.</p> <p>Helping others shows a decrease in depression.</p>	<p>24 Make a point to share a smile with co-workers . . .</p> <p>A real mood builder for both parties</p>	25
	<p>27 Reconnect with a relative you haven't seen or spoken to in awhile.</p> <p>Maintaining relationships is essential to happiness</p>	<p>28 Be optimistic today. Do the hardest task first and sail the rest of the day.</p> <p>Optimists have a 50% less risk of anxiety and depression</p>	<p>29 Eat a salad and fruit today.</p> <p>Limited fats can boost your mood and immune system</p>	<p>30 Take a walk . . . Long or short walk doesn't matter.</p> <p>Enjoy being outside, clear your head and invite a friend to join you. EXERCISE</p>		