

JUNE  
2021

# Professional Wellness Month



S M T W T F S

1 Express your thanks by doing something to help out the people you work with.

2 Need to brainstorm? Walk it off while you think.

3 Keep track of your activities & see how long each of them take.

4 Create a mini incentive for every task you finish.

5 Learn how to prioritize and set schedule.

6 Take a long shower & massage your scalp.

7 Use your mind to scan & calm your body.

8 Try to start a much-needed conversation with your manager & your team about gratitude.

9 Learn something new in your skill set.

10 Subscribe to an inspirational thought for the day - every day.

11 Tidy up your workspace. File & organize your email.

12 Spend at least 30 minutes of uninterrupted quiet time today.

13 Give yourself an activity that you enjoy & look forward to, that occupies both your mind & body for at least 10 or 15 minutes.

14 Pick one productive habit you'd like to develop & commit to it.

15 Create a chat room & encourage your work mates to write positive comments & messages of thanks daily.

16 Prep your own healthy lunch to bring to work.

17 Learn the art of mind-mapping.

18 Set a time to walk in nature even if you're in the city!

19 Invite some colleague to take an online cooking class.

20 Shut off anything that is work-related - email, phone, etc.

21 Find a short & simple yoga routine you can try today.

22 Set a specific time each day to consciously appreciate everything you encounter.

23 Learn the 50/30/20 rule of thumb for Budgeting.

24 Get inspired by adding posters, art, or pictures to your workplace.

25 Wind down the week jiving to your favorite tunes

26 Take a moment to text or call a loved one.

27 Schedule an 8-hour sleep tonight.

28 Start your day by envisioning your best possible self.

29 Make a conscious effort to appreciate at least 3 people every day.

30 Try turning off your social media notifications during work hours.

Share this free wellness calendar with friends & post your progress

**#YearOfWellness**

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**#YearOfWellness Calendar**



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