

MARCH

31 DAYS OF SELF-CARE

At Neuvana, we strive to continually improve people's lives through Neuroscience. That's why we created Xen. Through specially designed ear buds, Xen delivers electrical signals to your vagus nerve, promoting a deeper state of relaxation. Xen may have many wellness benefits including better sleep, less stress, brighter mood, and enhanced focus.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LISTEN TO MUSIC

TAKE A BATH

UNPLUG

YOGA

JOURNAL

LAUGH

TAKE THE NIGHT OFF

1

2

3

4

5

6

7

CLEAN

TAKE A NAP

INDULGE IN YOUR FAVORITE FOOD

MEAL PREP

EXERCISE

EAT FRUITS & VEGGIES

GO ON AN ADVENTURE

8

9

10

11

12

13

14

GO WATCH A MOVIE

GO FOR A WALK

MEET A FRIEND FOR COFFEE

SPEND TIME WITH YOUR FAMILY

BUY YOURSELF A GIFT

TAKE VITAMINS

SPEND TIME OUTSIDE

15

16

17

18

19

20

21

HYDRATE

GET A MASSAGE

GET A MANICURE

BE CREATIVE

START A BOOK

DO SOMETHING YOU LOVE & HAVEN'T DONE IN AWHILE

BRAINSTORM

22

23

24

25

26

27

28

LISTEN TO MUSIC

SPEND EXTRA TIME GETTING READY

XEN BY NEUVANA

29

30

31



NEUVANA