

# June 2020

S M T W Th F S

1  
Mindfully clean a room in your home.

2  
Cultivate an awareness of how you impact those around you.

3  
Pay attention to your feet; acknowledge their support and connection to the earth beneath you.

4  
Be vulnerable with someone you trust.

5  
When negativity arises, practice gratitude to shift your perspective.

6  
Surrender to change as a way to find your flow.

7  
Explore ways to enjoy the weather today, regardless of the forecast.

8  
Find a quote or affirmation that motivates you today.

9  
Bring awareness to where you are holding tension in your body and actively soften it; repeat throughout the day.

10  
Take a technology timeout today.

11  
Be kind to yourself today, restrain from critiquing yourself.

12  
Do one thing today that will help you sleep better tonight.

13  
Work on letting go bottled up energy today, incorporate deep breathing.

14  
Think of a friend who has been stressed lately; think of a way you can comfort and support them.

15  
Write a list of things that make you feel healthy.

16  
See your space with a stranger's eyes today, act as if this is the first time you have seen your place. What do you notice that you don't usually?

17  
Reflect on what reward you would give yourself today, what do you need to be appreciated for?

18  
Identify a habit that no longer serves you and develop a strategy to combat it.

19  
Brush your teeth with intention and awareness today. Notice the difference and think where else you might be able to incorporate mindfulness in your self-care routine.

20  
Pay attention to posture today; keep your shoulders back, neck long and core engaged.

21  
Before starting your tasks today, set a timer to keep you on track.

22  
Which quality about yourself would you like to strengthen today.

23  
Check in with your energy levels today; plan your day in a way that aligns with how you're feeling.

24  
Put on your favorite music today and don't be afraid to embrace some movement.

25  
Listen more than you talk today.

26  
Visualize your support network, is there any areas that are lacking think of way sthat you can bring that support into your life.

27  
Give yourself time and space to feel and grieve any losses you may have had, remind yourself that healing in not a linear process.

28  
Take time to laugh today, schedule it into your day so that it happens.

29  
Reflect on your growth today, visualize your prior selves and how you've changed.

30  
As you eat today, think of all the energy, time, and dedication that was put into your food; show gratitude for all of the hands that made your meal possible.



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