

30-Day Well-being Checklist



Well-being
at SUVet

- DAY 1** Start the day with a 10-minute breathing exercise.
- DAY 2** Try a 5-minute meditation.
[5-minute guided meditation video](#) 
- DAY 3** Go for a short walk on your break or at lunch.
- DAY 4** Take 10 minutes to stretch during the workday.
- DAY 5** Drink more water and stay hydrated. Set a goal, ex: drink 8 oz. every 2 hours
- DAY 6** Focus on finances: Enroll in the 401k Plan. Start saving now, our plan offers 4% match, free money!
- DAY 7** Spend time on a hobby.
- DAY 8** Listen to your favorite music.
- DAY 9** Try a yoga or stretching class.
[20-minute home yoga video](#) 
- DAY 10** Go to bed 30 minutes earlier than usual.
- DAY 11** Have a phone-free night.
- DAY 12** Give a shoutout to someone you care about
[Send a WAVE of encouragement](#) 
- DAY 13** Take a rest or mental health day.
- DAY 14** Practice self-care
- DAY 15** Have a laugh as hearty and often as possible!
- DAY 16** Plan a trip or get away
- DAY 17** Learn how to discuss mental illness
[How to talk about mental health](#) 
- DAY 18** Pamper your pets!
- DAY 19** Make a point to stay in touch and connect with your friends on a regular basis.
- DAY 20** Volunteer for a local organization. Volunteering locally fosters a sense of belonging and community
- DAY 21** Get creative. Creative expression, like drawing, painting, and writing, is linked to overall well-being.
- DAY 22** Dance it out!
- DAY 23** Participate in random acts of kindness. Buy a stranger's coffee, hold the door open, share a smile!
- DAY 24** Start a gratitude journal. Cultivating gratitude is a skill that enhances mental well-being.
[Tips on creating a gratitude journal](#) 
- DAY 25** Eat some dark chocolate.
- DAY 26** Eat a nutritious meal. Incorporate fruits, vegetables, foods rich in omega-3 fatty acids, nuts, and legumes into your diet to protect your brain.
- DAY 27** Tidy up your physical space and include a digital de-clutter.
- DAY 28** Promote a healthy financial lifestyle. Set & commit to a budget, pay your debt in small bites, and sign up for free annual credit-checks
- DAY 29** Plant something
[Health benefits of gardening](#) 
- DAY 30** Celebrate small wins every day! Acknowledge and thank yourself for your hard work and accomplishments.