



# Junior Officer Advisory Group Readiness & Deployment Committee

## Behavioral Health Team

# Practicing Wellness

April 2021

## 30 DAY PRACTICING WELLNESS CHALLENGE

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At times, our lives can feel like a juggling act. Balancing the demands of work, home, virtual learning, deployment, other tasks and commitments that require our time and attention can leave us with minimal time to nurture ourselves. Practicing daily wellness may be challenging; however, overall health and wellness are most effective when practiced routinely and consistently. Developing wellness based SMART goals (Specific, Measurable, Attainable, Realistic, and Timely) for yourself creates sustainability and longevity over time.

This month consider completing a 30-Day Wellness Challenge that includes your physical, nutritional, mental, intellectual, financial, and professional self.

### 30 DAY PRACTICING WELLNESS CHALLENGE

<b>Day 1</b> Write a Gratitude Letter	<b>Day 2</b> Take a legit 30 minute lunch break	<b>Day 3</b> Unplug from Social Media	<b>Day 4</b> Do a deep breathing exercise	<b>Day 5</b> Dance like no one is watching	<b>Day 6</b> Drink just water today	<b>Day 7</b> Go to bed 30 minutes earlier
<b>Day 8</b> Adapt a new habit	<b>Day 9</b> Try a 5 minute meditation	<b>Day 10</b> Make a personal bucket list	<b>Day 11</b> Say no to something	<b>Day 12</b> Video chat with a friend	<b>Day 13</b> Watch a silly video	<b>Day 14</b> Go for a walk
<b>Day 15</b> Try a new food or recipe	<b>Day 16</b> Compliment someone	<b>Day 17</b> Consider a new craft or DIY Project	<b>Day 18</b> Pay it forward	<b>Day 19</b> Make a professional bucket list	<b>Day 20</b> Video chat with family	<b>Day 21</b> Create a budget
<b>Day 22</b> Spend time stretching	<b>Day 23</b> Take time to reflect	<b>Day 24</b> Have a phone free night	<b>Day 25</b> Practice Self-Compassion	<b>Day 26</b> Practice Yoga for 15 minutes	<b>Day 27</b> Have your favorite dessert	<b>Day 28</b> Do an outdoor activity
<b>Day 29</b> Start a Gratitude Journal	<b>Day 30</b> Love yourself	<b>Practice Wellness Every Day!</b>				