



7 DAYS OF WELLNESS

Mindfulness Monday

Start your week by practicing mindfulness.

Social Saturday

Connect with loved ones and prioritize social interactions.

Tech-Free Tuesday

Dedicate an evening (outside of work) to disconnect from technology.

Soulful Sunday

Dedicate this day to nourishing your soul.

Self-Care Friday

Prioritize self-care and relaxation.

Physical Wellness Wednesday

Concentrate on physical well-being

Gratitude Thursday

Cultivate a sense of gratitude throughout the day.