

August 2024



Motto of the month:
Be kind to your mind

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Because health is personal™

			 <p>1 It's the first of the month and today, your only challenge is to treat yourself with kindness.</p>	<p>2 Breathe in for 4 seconds. Hold for 4 seconds. And breathe out for 4 seconds. Feeling better?</p>	<p>3 How's your sleep routine? Poor sleep can seriously impact your mood.</p>	 <p>4 Are you topping up with sunscreen? Even it's not sunny where you are, your skin still needs protection!</p>
 <p>5 Sit up straight – your posture will thank you for it!</p>	<p>6 Are you surrounding yourself with positive people?</p>	 <p>7 Celebrate your wins – no matter how big or small they are.</p>	<p>8 Are you investing in your L&D? Seek out opportunities to learn, professionally and personally.</p>	 <p>9 Make sure to eat the rainbow and add some colour to your meals, be it breakfast, lunch or dinner!</p>	<p>10 Already looking ahead to the weekend? Carve out time today to plan your upcoming days.</p>	<p>11 How are you feeling? Take time to process your feelings today.</p>
<p>12 Want to boost your step count? Join our GO Challenge!</p>	 <p>13 Humour can boost your mood and reduce stress. Know any funny jokes?</p>	<p>14 Start the day with a quick jog, if you can.</p>	<p>15 Did you eat breakfast today? Add whole grains, fruit, or nuts to improve focus.</p>	<p>16 Treat yourself to a bath or a warming herbal tea before bed. They're great ways to calm yourself at night.</p>	 <p>17 Head to a local farmer's market. You'll find all sorts of goodness there.</p>	<p>18 Reach out to an old friend or a family member you haven't seen in a while. Social connection is good for the soul.</p>
<p>19 When was your last health check-up? It might be time to see the doctor to prevent any health issues.</p>	<p>20 Wake up, take some deep breaths, and start the day with a calm mind.</p>	 <p>21 Remember to hydrate!</p>	<p>22 Looking for ways to prove that investing in wellbeing really works? Download our ROI/VOI Toolkit.</p>	<p>23 It's movie night! Go to your local cinema or watch something more familiar at home.</p>	<p>24 Financial stress can lead to family conflict, social exclusion, hunger and even homelessness. Talk to someone if you need help.</p>	 <p>25 Are you being kind to yourself?</p>
 <p>26 If you're looking to make some savings, meal prepping is a great way to plan and hit your health goals.</p>	<p>27 Setting boundaries is a great way to balance your work and home life.</p>	<p>28 Your Wednesday reminder: Take a break!</p>	 <p>29 Short power naps can be great for your health. Anyone for a lunchtime snooze?</p>	<p>30 Try to encourage a "No-meeting Friday" at work, so your entire workforce can focus more.</p>	<p>31 Catch up on rest. It's okay to do nothing if that's what your body needs.</p>	