




Solle Naturals

Mood Enhancement

Solle Naturals firmly believes in the mind-body connection, meaning that true health cannot be reached without addressing both the mental AND physical aspect.

There are plenty of natural and pharmaceutical remedies alike that can help improve mental health, but no treatment is complete without also discussing the personal habits and behaviors that affect our mental health. That's why we've created a calendar with one small action per day that helps strengthen mental health. We invite all to join us in this opportunity to make a real difference for ourselves as well as for those we love.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Increasing our awareness and understanding of mental health leads to greater compassion not just towards others, but also towards ourselves. ♡						1 Look up one fact about how getting outside can help depression & invite someone to do this challenge with you.
2 Name one thing you could do TONIGHT to make it likely that you'll get 8 hours of sleep; now do it!	3 Download a mindfulness app to try this month. Get familiar with it.	4 Go on a 15-minute walk outside with a pet or friend.	5 Write down your 3 biggest strengths and those of a friend. Call your friend and tell them!	6 Find out about a new place near you and visit it. Bring a friend if you like.	7 Text or call someone you haven't talked to in a while to catch up.	8 Do 1 small act of kindness for someone. When another idea to help pops in your head, do that one too!
9 Try something new today (a game, recipe, hobby, etc.). Focus on the experience, not the outcome!	10 Find a quiet place to do breathing exercises for at least 10 minutes.	11 Spend 30 minutes outside.	12 Go the whole day without any social media.	13 Listen to an uplifting podcast. Share what you learned with someone.	14 Consciously do something that makes you laugh (talk with a friend, watch a video, etc.).	15 Take some time for personal care today! (take a bath or long shower, paint your nails, do a face mask, etc.)
16 Text someone you love telling them why you appreciate them.	17 Workout for 30 minutes.	18 Create something with your hands for someone else (a card, cookie, craft, etc.)	19 Identify a common put-down you tell yourself. Quit using it by making yourself do 5 pushups every time you think it!	20 Divide your weight by 2. Drink that many ounces of water today!	21 Identify 3 positive things that came out of a tough experience you've had. Write down how these 3 things have helped you.	22 Make time to play one of your friends' favorite games with them today. Focus on helping them feel cared for.
23 Write down or share with a friend three things you enjoyed from the day.	24 Get a workout buddy to exercise with you.	25 Eat lunch with someone different today. It could even be over Zoom.	26 Consciously eat 5 servings of fruits and veggies.	27 Journaling has positive effects on mental health. Spend 5 minutes journaling today.	28 Set a mini goal for yourself today & reward yourself for its accomplishment!	29 Identify 3 things that help calm down your body when you're upset. Make them into a list and keep it handy!
30 Find a local place to volunteer. If it's not possible to go today, schedule a visit for ASAP.	31 What new daily habit will support your mental health? Imagine the difference it will make and commit to developing it.			 If you'd like to receive daily prompts for each day's activity, text _____		