

# FAMILY WELLNESS

## 31-Day Calendar

Take a 5-minute quiet break, unplugged. Sit comfortably, close your eyes, focus on your breathing, and simply relax.

Cook together. Give each person a task and make this a fun, no stress experience.

Start your Family Joy Journal! Each family member should write an entry about what brought them joy today.

Turn off all electronic devices during mealtime. Use this time to chat about each other's day.

Write each other thank you notes expressing why you are thankful for them or something they did.

Have each family member share a favorite joke or something funny they recently heard/saw.

Play a game tonight as a family. Make the time to laugh and enjoy each other's company.

Take a walk or bike ride. Get outside and reap the benefits of fresh air.

Create a Family Fidget Box with stress balls, silly putty, spinners, and other items. Use these as tools to reduce stress and anxiety during hard conversations.

Before bed, spend some time with your child/family members and identify 3 good things they accomplished that day.

Art can be a powerful mental health tool! Find time to draw, paint, color, or write today to express your feelings – good or bad.

Take 5 minutes to imagine yourselves in a calm, relaxing, and happy environment. This exercise is especially helpful when feeling anxious or stressed.

Practice acts of kindness today. Show how simple actions can make a big difference, and are great for mood and self-esteem.

Check in with each other and talk about your week. Practice asking open-ended questions to deepen the conversation past 'fine' or 'good.'

Get outdoors! A walk around the block is the perfect way to reset and get some fresh air.

Find a meditation online or through a free app (like Sleep Meditation for Kids or Mindful Powers) to do together as a family.

Slip a note of encouragement or praise in the backpack, purse, or lunchbox of family members.

Practice being present in the moment. Take a minute to notice all your senses – what do you see, hear, smell, feel, and taste?

Ask for a break when feeling agitated or overwhelmed. Allow yourself a few minutes to take deep breaths before returning to your task.

Share your highs and lows of the day. Identify if there are any areas where you can practice problem-solving skills.

Write down a favorite uplifting quote or message. Stick it to the bathroom mirror as a daily positive reminder.

Enjoy a night at the movies, right at home. Pick a movie, make popcorn, enjoy snacks, and unplug from tablets and phones.

Discuss how the body and mind feel when they are stressed, anxious, happy, and angry (think about your heartbeat, breathing, stomach, thoughts, etc.).

Bake a special treat together – cookies, brownies, or whatever your family enjoys. Work together to measure, mix, and enjoy the final product.

Play 20 Questions to learn more about each other. Ask questions like: "What's your favorite cookie?" or "If you could go anywhere in the world, where would you go?"

Take at least 5 minutes to wind-down today. Focus on breathing and calming thoughts while you relax and reset.

Work together to create 'happiness' music playlists. Add your feel-good songs and play whenever your mood needs a boost.

Connect with other family or friends. Send a text, call, email, or write a letter just to say 'hi.'

Talk as a family about 3 good things that happened today.

Try this grounding technique: identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

Practice positive self-talk. Say: "I am strong. I am kind. I am brave. I am friendly. I am wise."