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|---|---|---|---|---|
| Watch a Ted Talk on wellness | #TeamGianan in a Post on Fb/ IG / Twitter | Go to sleep 1 hour earlier | Smile at someone | Read for 30 minutes |
| Attend VNC | Turn your phone off for 1 hour | Selfie with your shake | 1 Minute Deep Breathing | Try a new recipe |
| Workout for 30 mins | 1-mile walk | Meditate | Notice 3 things for which you are grateful | Take time for yourself |
| Reach out to someone with whom you've lost touch | Send someone a card via snail mail | Make a donation | Say something nice to yourself in the mirror | Ask for help |
| Stretch before bed | Complete a task you've been putting off | Write an "I See You" note to someone | Eat a healthy breakfast | Make someone laugh |



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