

# SEPTEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1 Start the month by checking in with how your body feels	2 Make a list of all the Doctor's Appointments you need to go to	3 Do you have an emotional support person for appts. that scare you?	4 Be mindful of how your body feels today	5 What appt have you put off the longest? Make that one today	6 Enjoy a slow Friday night unwinding with family	7 Enjoy a mani/pedit today
8 Sleep in if possible and "take the day off"	9 Use meditation as a way to tune into how you feel	10 Read: How To Deal with Fear of Doctors	11 Journal any fears that you have about going to a doctor or dentist	12 Do you treat the symptom or the cause? Listen to this TedTalk	13 Check in with how your body feels at the end of the work week	14 Get a massage and enjoy the peaceful environment
15 Read this: The Importance of Mental Health Check-ups	16 Do a mental health check-in and schedule an appt with a Psychologist	17 Listen to this Ted Talk on Mental Health and Shame	18 Start a body journal where you track how you feel each day	19 What appt. do you fear the most? Make that one today	20 Take a Restorative Yoga Class tonight	21 Read this article on the benefits of a float in a Sensory Deprivation Tank
22 Go for a Float in a Sensory Deprivation Tank	23 Sign up to have online access to all of your medical records	24 Check in with your body. How do you feel?	25 Listen to this TedTalk on Emotional Hygiene	26 Time to schedule that test that you dread.	27 Take a Yin Yoga class to help you check in with your body	28 Read this article on the benefits of meditation
29 Continue your meditation program	30 Thank yourself for making your mental and physical health a priority					