One of these practices each day will keep you in good shape emotionally and mentally.
Keep track of which practice you do each day.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Practices																															
Deeply rest																															
Process feelings																															
Make choices reframe / re-word																															
Tapping (EFT)																															
Mindful awareness																															
Mindfulness app																															
Check in with yourself																															
Fall asleep with gratitude																															
Encourage yourself																															
Accept your feelings																															
Perspective																															

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