

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																																	
Check in: reframe / re-word																																	
Tapping																																	
Mindful awareness																																	
Mindfulness app																																	
Gratitude																																	
Encourage yourself																																	
Accepting your feelings																																	
Perspective																																	