



## Refuel and Unplug

- Half of Americans do not take their paid time off. Exhaustion = Dis-ease.
- Take time to refuel and unplug; increase your productivity, creativity and connection
- Live longer and healthier; take time to downshift and shed stress.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 Delete one of your social media apps.	2	1 Turn off notifications to all apps.	2
3	4 Enjoy the outdoors. Take day trips while social distancing.	5	6 Renew or start a hobby.	7	8 Add fruit or herbs (watermelon, oranges, mint) to your water.	9
10	11 Use hydrate apps or containers to track your water intake.	12	13 Watch a funny movie or video.	14	15 Put your phone out of reach and on airplane mode during meals.	16
17	18 Dance when no one is watching. Feel the music!	19	20 Play a game, color or complete a puzzle.	21	22 Take action. Rest, it's a verb!	23
24	25 Sit at the table and enjoy your meals. Chat about your day.	26	27 Make a new friend or renew an old friendship.	28	29	30
31						

### EATWell

Water is vital to our wellbeing. Try to drink at least 64 ounces a day.



### MOVEWell

Take time to play every day and have fun.



### LIVEWell

Enjoy a media-free mealtime at least once per day.

