

August 2020 | Healthy and Happy at Home



“If you want to change the world, go home and love your family.” –Mother Theresa

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Schedule fun at-home events for the whole month.
2 Self-Care Sunday: Chillax and have fun.	3 Create a place at home for quiet reading or studying.	4 Create a visual aid for daily routine activities.	5 What if... You are enjoying the stay-in orders?	6 Log off after your shift. It's ok to be off work.	7 Take a nice long walk, and reflect on the week.	8 Disconnect from all electronic devices.
9 Self-Care Sunday: Go outdoors and play.	10 Spruce up and decorate your work/study space.	11 Make a nice healthy salad or a hearty-chilled soup.	12 What if... The world changes for the better?	13 Look around and address any distractions.	14 Play a board game with loved ones.	15 Swim time! Play in the water and cool off.
16 Self-Care Sunday: Express appreciation.	17 Get creative and raid your pantry for meal ideas.	18 Separate your work life from your home life.	19 What if... Things can only get better from here?	20 Journal, go to therapy and talk to a friend to vent.	21 Take a break, step away and come back focused.	22 Netflix, Hulu, On Demand or YouTube binge day.
23 Self-Care Sunday: Spend time in solitude.	24 Have a family meeting about roles and tasks.	25 Reach out, call, skype, text and send virtual hugs.	26 What if... Our losses can also come with gains?	27 Remember you aren't your emotions.	28 Date night with a special person.	29 Define the new normal with yourself and loved ones.
30 Self-Care Sunday: Finish what you started.	31 Be mindful and notice beauty and kindness around you.					

This calendar is brought to you by Sutter EAP. For more information, visit sutterhealth.org/eap or call 800-477-2258 to learn more about your benefits.

Sutter EAP provides employees and family members referrals to licensed, professional therapists who can help with personal problems. There is no charge to you, and services are confidential.