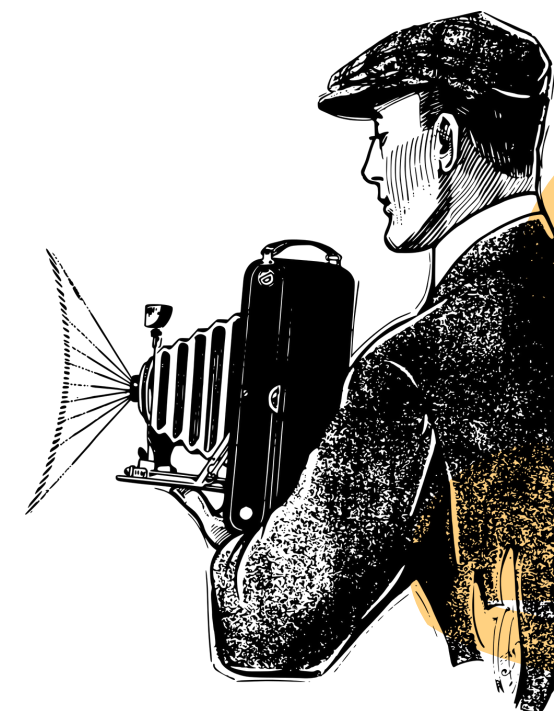
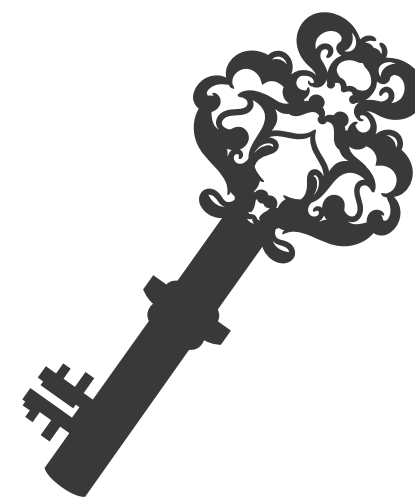




JULY 2022



		PARK AND RECREATION MONTH	ANTI-BOREDOM MONTH	SOCIAL WELLNESS MONTH	1	2
3	4 <u>THE BENEFITS OF BLOGGING</u>	5 LIST YOUR STRENGTHS AND WEAKNESSES	6	7 ASSIGN COLORS TO YOUR FEELINGS	8	9 THINK ABOUT HOW YOU'RE FEELING
10 TRY A BODY SCAN MEDITATION	11 CHEER UP THE LONELY DAY	12	13 TEENHELP DAY	14	15 YOUTH SKILLS DAY	16 WRITE DOWN YOUR KEY PRIORITIES
17	18	19 CONSIDER WHERE YOU HOLD STRESS	20 ASK FOR CONSTRUCTIVE FEEDBACK	21	22 <u>FIVE WAYS TO STEP OUT OF YOUR COMFORT ZONE</u>	23
24 REMEMBER THE POSITIVES	25 SPEND TIME OUTDOORS	26	27 TAKE SOME PHOTOS	28 IDENTIFY INACCURATE THOUGHTS	29	30 PAPERBACK BOOK DAY
31 START A JOURNAL						