

June is Brain Health Awareness Month

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Call a friend you haven't spoken to in a while.
2 Get social and find a local event near you.	3 Exercise your mind with a puzzle - word search, sudoku or trivia!	4 Refresh your bedroom to create a relaxing space for sleep.	5 Expand your mind - watch or listen to a Ted Talk.	6 Set some healthy habits! Try a step, water or sleep tracker.	7 Learn something new - a hobby, skill or game are all great options!	8 Challenge yourself with a bit of multitasking.
9 Start journaling and write about your day.	10 Try a recipe with brain boosting ingredients.	11 Engage your senses with some aromatherapy.	12 Write down 5 things you're grateful for.	13 Get creative - try drawing, painting or even coloring.	14 Spend some time outdoors - visit a park or trail nearby.	15 Add some super foods to your grocery list.
16 Start a container garden - flowers or fresh herbs - indoor or out!	17 Join an alumnus or other networking group.	18 Create a playlist with your favorite songs.	19 Volunteer in your community.	20 Wear purple in support of The Longest Day!	21 Get active with a stretch, walk or short workout.	22 Give yourself a day of mental rest.
23 Spend time with someone older or younger than yourself.	24 Enjoy 10 minutes of meditation, prayer or deep breathing.	25 Have lunch or dinner with a friend.	26 Try out a podcast, book club or documentary.	27 Set a goal for yourself.	28 Declutter a space in your home or office.	29 Visit a museum, performance or cultural event.
30 Celebrate yourself and your brain health!						