

EAP Weekly Wellness Guide

Monday Mindfulness	Tuesday Connection	Wednesday Wellness Action	Thursday Thoughtful	Friday Finish Strong	Saturday/ Sunday Rest & Reflect
🕯️ Begin your day with deep breathing or a short meditation. 📝 Set one realistic goal for the week and write it down. 🚶 Take a 5-minute break midday to stretch or walk. 🌙 Before bed, reflect on one thing you did well today.	💌 Send a message of appreciation to a coworker, friend, or family. 🍲 Have lunch with someone new or check in on a colleague. 😊 Smile or say hello to three people. 👏 Do one small act of kindness—hold a door, share a resource, or listen fully.	🧘 Move your body, take the stairs, walk outside. 💧 Drink an extra glass of water today. 📵 Take time away from screens during one break. 🏥 Schedule a preventive care appointment or review your wellness benefits.	🎧 Read or listen to something inspiring. 🎯 Identify one skill you would like to strengthen this month. ✍️ Write down a recent challenge and what it taught you. 🌻 Practice gratitude by noting three positive moments.	✅ Review your week's accomplishments, big or small. 🗑️ Clear out your workspace or inbox for a fresh start. 🎉 Celebrate your wins with your team. 🏡 Leave work at work, plan a relaxing activity for the evening.	📅 Prepare for the week ahead—meals, clothes, or priorities. 🌿 Take 10 minutes for quiet reflection or journaling. ❤️ Reach out to loved ones or plan quality time. 😌 Practice gentle self-compassion and rest.