



Be Balanced

AUGUST 2026



PennState Health

BeWell

SUN	MON	TUE	WED	THU	FRI	SAT
						1 List three things that genuinely bring you joy.
2 Take a 10-minute walk. No goals, just move and breathe.	3 Celebrate a small win today.	4 Spend 5 minutes outside noticing sounds, colors, or textures.	5 Give yourself permission to pause and rest for a few minutes.	6 Check in with a coworker, friend, or family member.	7 Watch a favorite movie or show that brings you comfort and gives your mind a break.	8 Revisit a hobby or interest that feels like "you".
9 Reflect on what helps you recharge.	10 Take your full lunch break away from your workspace.	11 Listen to a work-life balance podcast .	12 Avoid checking emails after work hours.	13 Register & attend the BeWell Lunch & Learn: Life Blend (August 13 at 12 pm) .	14 Schedule personal time on your calendar.	15 Complete one task that's been lingering on your to-do list.
16 Prioritize sleep. Go to bed earlier and aim for 7-8 hours.	17 Explore one SupportLinc EAP resource or tool.	18 Prioritize your top 3 tasks each day	19 Have a screen-free meal. Enjoy it fully.	20 Stretch or move your body once every 1-2 hours.	21 Declutter your workspace or living space.	22 Do 15 minutes of light exercise that feels good for your body.
23 Make a balanced meal that helps you feel nourished and supported.	24 Schedule a mental health check-in with yourself.	25 Choose a phone-free hour. Protect your peace.	26 Try one new coping strategy for stress (deep breathing, reframing thoughts, etc.).	27 Unfollow or mute one account that drains you.	28 Reflect on what drained your energy this week.	29 Create a relaxing evening by keeping your phone away until the next morning.
30 End your day by asking, "What did I learn about myself today?"	31 Reflect on one habit you want to continue after the challenge ends.					
