

## Journey to Wellness — A free self-guided healthy living program

# Set your pace activity tracker

The fast pace of work and home life can leave you feeling overwhelmed and stressed. This activity can help you grow skills that reduce stress and anxiety.

### Before you begin, set a goal.

How many days do you hope to practice an activity?

Choose at least five activities you look forward to practicing.

### When the month is complete, evaluate your participation.

How many days were you able to practice an activity?

Select two activities you will continue to practice.

Suicide is a major concern in the U.S. Anyone can help prevent it by being informed and having the willingness to reach out to someone in need.

If you are having suicidal thoughts, call the Suicide and Crisis Lifeline at 988, or chat at [988lifeline.org](https://988lifeline.org).

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>It's about you</b>	Make it a device-free day	Stretch for 5–10 minutes	Refill your water bottle twice today	Take a 10-minute walking break	Take three deep, calming breaths throughout the day	Encourage others to take a break	Say “Yes” to something you have been wanting to do
<b>Be present</b>	Use all five senses when eating today	Take time to notice what your body is feeling	Send a note to three people you care about	Think about one good thing that happened today	Identify three things you are grateful for	Reflect on your greatest strength	Write for three minutes in a journal about anything
<b>Reflect</b>	Do one thing that brings you joy	Schedule a “Me Day” on the calendar next month	Chat with a friend about something new	Appreciate your body and all it can do	Remind yourself to slow down	Create one self-care ritual you can practice tomorrow	Find a peaceful space and practice your self-care
<b>Develop</b>	Find an opportunity to rest and recharge	Practice a new healthy habit for the day	Acknowledge one thing you can't change — and let it go	Compliment a friend or loved one	Ask a colleague if they need help	Define a new daily action that aligns with your personal values	Listen to a favorite song or podcast
<b>Celebrate</b>	Find the joy in your surroundings and celebrate it	Randomly send a compliment to a friend or loved one	Create a gift and surprise the person you gift it to	Identify a small goal for the day and celebrate meeting it	Think of something that brings you joy that you haven't done in a while and do it	Review how many activities you checked off and celebrate how far you have come	Make a celebratory dinner or host a gathering with those you care about

Print this sheet or save it to your desktop for digital tracking.