

# COMMIT TO *SELF-CARE*

## JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Kick off the New Year by focusing on self-care. Commit to completing at least three activities from the list below.

- Get 7-8 hours of sleep each night. [Discover the benefits of a good night's rest](#)
- Read a book
- Follow a guided relaxation in the EFR app. Download the app using the QR codes
- Listen and share your favorite song
- Eat your favorite dessert

