

This is your month of good mental hygiene!

Name: _____

HOW TO USE THIS CALENDAR

- Choose a mental hygiene practice and commit to doing it for at least 10 minutes every day, either all at once or in shorter intervals.
- Mark your progress!
- Did you miss a day? That's ok. Just pick up where you left off.

**You totally
got this,
by the way**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY