

URLIFE WELLNESS CALENDAR

APRIL 2022

April is upon us, and it's time to get summer-ready, mentally and physically! Choose a healthy lifestyle by adopting healthy habits throughout the month of April.

- 01 Pamper yourself with a relaxing face mask or [massage](#).
- 02 Try a new activity like pottery, calligraphy, or even needlework!
- 03 Clean your space to declutter your mind and space.
- 04 Take a peaceful walk outside to energise yourself.
- 05 Take care of [your skin](#) and create a consistent routine.
- 06 Try out [intuitive movement](#) for exercise.
- 07 Learn something new – whether that's about PCOS, [seed cycling](#), or anything else.
- 08 Take a [screen timeout](#) – unless it's related to work for the entire day.
- 09 Schedule an appointment with a dentist to maintain your [oral health](#).
- 10 Think about your relationships and distance yourself from [people](#) who drain your energy.
- 11 Watch [a movie/show](#) with your partner for some quality time.
- 12 Enjoy a drink or a meal outside by yourself.
- 13 Buy something that will improve your quality of life – a yoga mat, weights, or anything else!
- 14 Cook dinner for your family and enjoy time with them.
- 15 Challenge yourself to a [new workout routine](#) to mix it up.
- 16 Find [new music](#) that energises you and speaks to your soul.
- 17 Start reading that book you've always wanted to.
- 18 Do a [closet purge](#) and get your summer wardrobe ready.
- 19 Start being honest to people you interact with about your feelings and boundaries.
- 20 [Meditate](#) in the middle of your workday.
- 21 Connect with an old friend you've wanted to reach out to.
- 22 Consider adopting [Ayurvedic nutrition](#) for better health.
- 23 Know how to manage anxiety and stress through [box breathing](#).
- 24 Make [conscious snacking decisions](#) – consider opting for whole foods instead of processed.
- 25 Discuss something meaningful to you on an online forum.
- 26 Compliment everyone you meet today.
- 27 Evaluate your day and highlight the positives.
- 28 Go to bed early.
- 29 Make summer [detox drinks](#) to keep you refreshed.
- 30 Say thank you and please to everyone who helps you during the day.