

# URLIFE WELLNESS CALENDAR

# JULY 2022

03  
Feeling bored? Walk for 15-minutes. [It helps prevent knee pain.](#)

04  
“What’s up? I’ve missed you tons!” Send this message to a friend, and [rekindle your old bond.](#)

05  
Plan a fun-night out with your buddies. [Here are six things you should do before a night out.](#)

06  
Ditch make-up for a day. [Skin minimalism is this year’s biggest beauty trend.](#)

07  
Do [this](#) for 2 minutes to exercise your eyes. It helps relieve tired eyes.

01  
Have a [good laugh!](#) Laughter decreases anxiety, and signs of depression.

02  
Listen well and open-up with your partner to strengthen your relationship.

10  
Try these [four yoga poses that you can do under four minutes.](#)

11  
Soak ten black raisins and five fenugreek seeds in 1 litre of room temperature water overnight. [Drink this](#) to prevent anaemia.

12  
Add [microgreens](#) to your sandwich, wrap or salad for polyphenols, vitamins, minerals and fibre.

13  
Spend a lot of time on your computer? Here are [6 moves to ease your backpain.](#)

14  
Listen to binaural beats to [improve your focus and attention.](#)

08  
Drink a glass of water post coffee. This helps [prevent your teeth from getting stained.](#)

09  
[Here’s best posture to sleep in.](#)

15  
[Apply sunscreen.](#)

16  
Spend time with an optimistic person. [It improves longevity.](#)

17  
Treat yourself to a 10-minute [massage to kickstart stress release.](#)

18  
Try sugar detoxification. It boosts your energy levels and improves your ability to focus.

19  
Plan a quick morning [workout.](#)

20  
[Meditate for 5-minutes](#) to energise for the day.

21  
Thank someone today who has done a lot for you.

22  
Make a fresh glass of [charcoal lemonade.](#) It boosts your skin health, promotes kidney function, and removes tooth stains.

23  
Take time to measure your blood pressure. [Here’s how to do it right.](#)

24  
Know the [five pressure points](#) to help relieve a headache.

25  
Learn about [blood](#) donation and its benefits.

26  
Journal about the best thing happened to you today.

27  
Reserve some time that you can truly dedicate to yourself.

28  
Make a superfood smoothie with [spinach, banana and moringa.](#)

29  
Focus on your happiness today, and [read this.](#)

30  
Spend some time to [set an intention](#) for the day.

31  
The month has flown by! Assess your goals and see if you stayed on track.