

The Importance of Well-Being

There's a lot of talk these days about the importance of well-being. It's almost impossible to scroll through social media without seeing well-being promoted through spa services, "mindfulness" retreats at secluded resorts, app subscriptions, courses and tutorials, and all kinds of perfect, expensive, and complex ways to enjoy life.

We're 100% in favor of recharging, living a balanced life, and reducing stress, though we believe this should move beyond the "to-do list" format and become a daily habit. Because well-being should be an investment in small, simple things that help restore balance in the face of everyday pressures. That's why we've selected 30 small acts of self-care that you can do once a day for a month.



You can do them alone or with whoever you choose; you can do more than one a day and adapt them however you see fit. The magic lies in the fact that they're actionable, simple to implement, and sustainable over time. Investing in yourself is always a great decision. We're sure they'll be helpful to you and those around you. Enjoy!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Take a look at your surroundings. What do you appreciate and would like to be thankful for today?	Take a walk or walk a stretch to work (ideally 20' from the sunny sidewalk to load up on vitamin D).	Watch one of your favorite movies	Write a positive comment on a friend's social media posting	Call a loved one just to say hello	Help someone in need on the street
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Instead of a to-do list, create a happiness list. Add activities that you would be excited to do	Enjoy a plan with friends	Play 30' of a game you like to play	Put clean sheets and blankets on your bed.	Cook something you want to try, regardless of your culinary level Practice!	Dress up for a special occasion for no reason at all
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Have lunch with a co-worker	Make eye contact with yourself in the mirror. Mention out loud, something you like about yourself.	Go to bed 30 minutes earlier, even if it's just to read or watch TV.	Visit a new place in the city as if you were a tourist.	Listen to your favorite playlist until the end	Organize a meeting with a loved one you haven't seen for a long time.
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
Lee un texto diferente a la información que adquieres diariamente (ej. un cuento)	Realiza una actividad física que te resulte placentera	Siéntate al sol durante 10 minutos	Compra un helado y disfrútalo	Agradece a alguien de tu equipo por algo que te haya sido significativo	Pida la cena en un lugar que te guste disfrutar
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Incorpora vegetales de la manera que desee en la comida de al menos tres Days	Comienza la mañana con un estiramiento corporal	Durante el viaje al trabajo, encuentra 5 cosas que le hagan feliz en la calle	Escucha un podcast de un tema que te resulte interesante	Revisa tu ropero y dona aquello que hace tiempo que no usas	Mantente hidratado