

make **TODAY**
joyfully
FIERCE



You give your best when you're feeling your best, so put yourself on top of your to-do list.

Celebrate you

This month, prioritize you. Along with eating right and exercising regularly, make time to unwind and savor your favorite pastimes.

Let it out.

After a rough day, blow off steam with a walk around the block, or work out your feelings in a journal.

Recharge.

Restore your energy and focus by sleeping at least 7 hours every night.

Tune in.

Give yourself a health boost with music. Studies have shown that music can reduce depression and anxiety.

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