

Q1 Physical Health



Physical wellness is the foundation for a vibrant, fulfilling life. Nourishing our bodies through exercise, a balanced diet, and adequate rest is equally as important as taking care of our minds, meaning we're equipped to engage in our day-to-day activities. This quarter, discover resources to boost your physical health and strengthen the mind-body connection, fueling your overall well-being.



Set Meaningful Intentions

Build a healthier, happier you for the year ahead with journal prompts to help you reflect on your values and goals.



LIVE MEDITATION

Thursday, January 4
[Healthy Habits](#)



Building Healthy Relationships

Foster deeper connections by practicing compassionate communication with yourself and others.



LIVE MEDITATION

Thursday, February 1
[Celebrating Diverse Perspectives](#)

LIVE WORKSHOP

Thursday, February 15
[Mindful Relationships & Communication](#)



Explore the Mind-Body Connection

Understand how prioritizing mindfulness encourages a healthy, stress-free body.



LIVE MEDITATION

Thursday, March 7
[Mind-Body Connection](#)

LIVE WORKSHOP

Thursday, March 28
[Improving Sleep](#)

Q2 Mental Health



Our mental wellness determines our ability to handle life's challenges and opportunities. From practicing mindfulness to navigating stressors like money and burnout, we can lead balanced, meaningful lives by nurturing and strengthening our mind. In the upcoming quarter, learn more about the various aspects of mental health to build a sustainable, thriving inner world.



April

Mindful Money

Explore your relationship with money and discover ways mindfulness can help you rethink your finances.



 **LIVE MEDITATION**

Thursday, April 4
[Reducing Stress](#)



May

Mental Health Awareness

Prioritize your mental wellness this month with a calendar of guided resources to support you along the way.



 **LIVE MEDITATION**

Tuesday, May 21
[World Meditation Day](#)

 **LIVE WORKSHOP**

Thursday, May 16
[Mental Health Awareness Roundtable](#)



June

Address Burnout

Recognize signs of burnout and build a toolbox to manage it.



 **LIVE MEDITATION**

Thursday, June 6
[Embracing Authenticity](#)

Q3 Social Health



During busy times, it's easy to deprioritize the activities and relationships that bring us confidence, fulfillment, and joy. But focusing on our social well-being ensures we're equipped to navigate the ups and downs of life. This quarter, look for resources that help you build self-esteem, adapt to life's transitions with grace, and infuse your days with a spirit of playfulness.



Boost Confidence

Build confidence, strengthen self-esteem, and feel more grounded in who you are.



LIVE MEDITATION

Thursday, July 11
[Managing Anxiety](#)



Lean Into Change

Discover ways to be adaptable and find balance even in the midst of life's transition.



LIVE MEDITATION

Thursday, August 1
[Finding Resilience](#)

LIVE WORKSHOP

Thursday, August 15
[Social Anxiety & Connection](#)



Discover Play

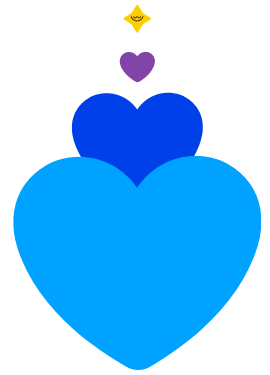
Revisit the importance of play as an adult and understand the power of having fun.



LIVE MEDITATION

Thursday, September 5
[Exploring Play](#)

Q4 Emotional Health



Cultivating emotional well-being provides us with true inner peace, no matter what's happening in the world around us. Fostering an attitude of gratitude, prioritizing your mental health, and navigating the digital age with intention can all lead to peace of mind. As the year draws to a close, we're sharing practical tips and practices to help you experience more stability, resilience, and contentment.



Mindful Technology

Observe your relationship to tech and regain control with a mindful approach to your devices.



LIVE MEDITATION
Thursday, October 10
[World Mental Health Day](#)



Cultivate Gratitude

Harness the power of practicing gratitude to decrease stress and improve your outlook on life.



LIVE MEDITATION
Thursday, November 7
[Loving-Kindness](#)

LIVE WORKSHOP
Thursday, November 14
[Navigating Grief](#)



Slow Down & Embrace Rest

During a busy time of year, remember to slow down and embrace moments of rest to support yourself now and in the year ahead.



LIVE MEDITATION
Thursday, December 5
[Rest & Self Care](#)