

# AUGUST 2025

## Wellness and Well-Being



**RANDOM ACTS OF KINDNESS**  
FOUNDATION®

SUN							MON							TUE							WED							THU							FRI							SAT						
JULY							SEPTEMBER																																									
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S																																			
29	30	1	2	3	4	5	31	1	2	3	4	5	6	29							30							31							1							2						
6	7	8	9	10	11	12	7	8	9	10	11	12	13																						Start the week with a 5-minute mindfulness or meditation session.							Start a gratitude journal and write down three things you're thankful for each day.						
13	14	15	16	17	18	19	14	15	16	17	18	19	20																																			
20	21	22	23	24	25	26	21	22	23	24	25	26	27																																			
27	28	29	30	31	1	2	28	29	30	1	2	3	4																																			
3	4	5	6	7	8	9	5	6	7	8	9	10	11																																			
3							4							5							6							7							8							9						
Drink plenty of water throughout the day.							Organize a group walk to promote physical activity and mental clarity.							Share a favorite healthy recipe with friends or coworkers.							Give genuine compliments to those around you.							Take a break from screens for an hour or more. Use the time to relax, read, or spend time in nature.							Practice self-care by doing something you love, whether it's reading, taking a bath, or enjoying a hobby.							Focus on improving sleep habits.						
10							11							12							13							14							15							16						
Perform a random act of kindness, like paying for someone's coffee or leaving a positive note for a colleague.							Share a funny video, joke, or story with friends or family.							Take short stretch breaks throughout the day to relieve tension and improve posture.							<b>Join the RAKtivists: Elevate Your Wellness and Well-Being Through Kindness!</b>							Spend some time volunteering for a cause you care about. Helping others is a powerful way to enhance your own well-being.							Practice mindful eating by savoring each bite of your meals.							Spend time decluttering your space. A tidy environment can lead to a clearer mind and improved well-being.						
17							18							19							20							21							22							23						
Practice active listening when someone is speaking to you. Being fully present can improve relationships and reduce stress.							Spend time outdoors, whether it's in a park, garden, or your backyard. Nature has a calming effect on the mind and body.							Practice deep breathing exercises to reduce stress and improve focus.							Start the day with positive affirmations.							Spread well-being to strangers using our RAK Rocks RAKtivist toolkit!							Engage in a creative activity like drawing, painting, or writing. Creativity is a great outlet for stress and can boost mood.							Dedicate time to unplug from devices and spend quality time with family or loved ones.						
24							25							26							27							28							29							30						
Check in on a friend or family member's well-being.							Let go of grudges and practice forgiveness, whether toward others or yourself.							Hydrate with a Twist: Infuse water with fresh fruits or herbs.							Invite a friend, family member, or colleague for a walk and talk.							Take and encourage regular stretch breaks throughout the day, especially if sitting for long periods.							Watch a funny movie, share jokes, or attend a comedy event.							Create a vision board with your wellness goals for the future.						
31							1							2							3							4							5							6						
Use calming essential oils like lavender or chamomile to promote relaxation and reduce stress.																																																