

ReNew You: A 12-Month Journey to Mental Wellness

Welcome to ReNew You, a wellness calendar designed to inspire and support individuals living with mental illness or substance use disorders. Each month focuses on a practical wellness theme, offering actionable tips to foster positivity, self-care, and personal growth. This calendar is brought to you by Prince William Community Services, championing the health and well-being of our community.

January – New Year, New You	February – Self-Love and Kindness	March – Spring Cleaning for the Mind
Set realistic, achievable goals for the year. Break them down into smaller steps to avoid feeling overwhelmed.	Practice self-compassion. Be gentle with yourself and avoid self-criticism.	Declutter your living space and digital life. A clean environment can contribute to a clearer mind.
April – Connect with Nature	May – Move Your Body, Move Your Mood	June – Nourish Your Body and Soul
Spend time outdoors, even if it's just a short walk in the park. Nature has a calming effect on the mind and body.	Engage in regular physical activity, such as yoga, tai chi, or dancing. Exercise can boost mood and reduce stress.	Eat a balanced diet and stay hydrated. Proper nutrition can improve mental health.
July – Summer Self-Care	August – Back-to-School Mental Health	September – Mindfulness and Meditation
Take a break from routine and enjoy the summer. Spend time with loved ones, read a book, or simply relax.	Establish a routine to manage stress and anxiety. Create a calming bedtime routine and practice relaxation techniques.	Incorporate mindfulness into your daily life. Practice meditation or deep breathing exercises to reduce stress.
October – Spooky Season Self-Care	November – Gratitude and Giving Back	December – Winter Wellness
Engage in fun and creative activities to boost your mood. Watch a funny movie, paint, or listen to music.	Focus on gratitude and practice acts of kindness. Helping others can improve your own well-being.	Stay warm, stay active, and stay connected. Spend time with loved ones, join a social group, or volunteer.

How to Use

- Take a moment every month to focus on the theme and provided.
- Use the calendar as a reminder to prioritize self-care and reach out for support when needed.
- Share it with friends, family, or community members who may benefit from additional resources or positive inspiration.

Remember, progress is not about perfection but persistence. Here's to a more positive and fulfilling year with ReNew You! Stay well—you've got this!