

FEBRUARY

*“When I began thinking of myself as part of everyone else's world, my relationships became richer.”
— Mel Mah*

<p>1</p> <p>Make a list of ways to connect with yourself and others. Try one!</p>	<p>2</p> <p>Compliment someone today.</p>	<p>3</p> <p>Listen to a meditation in the "Relationship to Others" series.</p>	<p>4</p> <p>Perform a random act of kindness.</p>	<p>5</p> <p>Detox from your devices. Go offline for at least 30 minutes.</p>	<p>6</p> <p>Ask a loved one to share 3 things they love about you. Then do the same for them.</p>	<p>7</p> <p>Come home to your breath with one of Calm's breathing exercises.</p>
<p>8</p> <p>Reach out to someone that means a lot to you. It's good for your health.</p>	<p>9</p> <p>Start planning a meaningful Valentine's Day hangout with someone special.</p>	<p>10</p> <p>Do the Daily Calm with a friend today. Share your experience.</p>	<p>11</p> <p>Date yourself! Plan some time just for you with your favorite activities, treats and music.</p>	<p>12</p> <p>Schedule at least 15 minutes of pure enjoyment into your day.</p>	<p>13</p> <p>Play a soundscape and transport yourself somewhere calming.</p>	<p>14</p> <p>Write yourself a love note.</p>
<p>15</p> <p>Open up to a trusted friend about something on your mind.</p>	<p>16</p> <p>Make your lunch with extra care today.</p>	<p>17</p> <p>Inhale and think of something you're grateful for. Exhale gratitude. Repeat 5 times.</p>	<p>18</p> <p>Be kind to someone you find challenging.</p>	<p>19</p> <p>Text a friend and let them know why you care about them.</p>	<p>20</p> <p>Look up at the sky and notice how it makes you feel.</p>	<p>21</p> <p>Make space in your day for some YOU time.</p>
<p>22</p> <p>Massage your face and focus on the places you hold tension.</p>	<p>23</p> <p>Share a favorite meditation/music/Sleep Story with a friend.</p>	<p>24</p> <p>Spend time outside today. It may improve your mood.</p>	<p>25</p> <p>Notice any unkind thoughts you have and offer yourself compassion.</p>	<p>26</p> <p>Place a hand on your heart and take 3 deep breaths.</p>	<p>27</p> <p>Connect to your body during the Daily Move.</p>	<p>28</p> <p>Write down three things you've learned about connection.</p>
<p>29</p> <p>Use the extra time today to try something from your list of ways to connect!</p>						

