

ELEVATE CALENDAR AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 <u>Loneliness Awareness Week</u>	2 <u>Watch some of the 9 best movies that explore urban loneliness.</u>	3
4 Read the BBC article <u>'Loneliness is not something to be ashamed of'</u>	5 Read <u>Managing Chronic Loneliness When Aging: 23 Strategies</u>	6 Watch TEDxYouth <u>The Psychology of Loneliness</u>	7 Watch TEDxMarin: <u>How to fight loneliness: Everyday hacks for a connected life</u>	8 Listen to the podcast <u>Why Humans Feel So Lonely.</u>	9 Explore <u>10 books which teach us about loneliness and connection</u>	10
11 Let's talk about worrying - <u>Why do we worry?</u>	12 Read the article <u>Is worry useful? What do you think?</u>	13 <u>What-if thoughts - 6 Ways to Stop a Worry-Filled What-If Cycle</u>	14 <u>A mindfulness exercise: Managing Anxious Thoughts And Stress.</u>	15 <u>Listen to Worrying Demo by Ber Reflect on the lyrics</u>	16 Observe qué te preocupa, cuándo surge esa preocupación y cómo intentás calmar esos pensamientos intrusivos. Para profundizar, escuchá el episodio <u>"Stepping off the path of anxiety,"</u> del podcast The Happiness Lab con la Dra. Laurie Santos:	17
18 Cognitive Distortions or Thinking Traps. <u>What are they?</u>	19 <u>How to Stop Cognitive Distortions</u>	20 <u>15 Examples of Cognitive Distortions</u>	21 <u>Listen to Thinking errors/Cognitive distortions</u>	22 <u>Book: The Thinking Trap: Reprogram Your Mind For Success</u>	23 Think of something you have been worrying about recently. Was there a Thinking Trap at play? If so, which one? Journal about it. <u>Listen to this podcast to learn more.</u>	24
25 <u>Let's Talk About Burnout Syndrome and Symptoms</u>	26 Listen to the podcast <u>Disconnecting from work.</u>	27 <u>What Is Burnout? 16 Signs</u>	28 TED Talk: <u>Redefining burnout</u>	29 <u>Book: The Burnout Epidemic: The Rise of Chronic Stress and How We Can Fix It</u>	30 <u>Cartoons about Burnout Syndrome</u>	31 <u>Sunday Scaries - Calm Them Before Going To Sleep.</u>

