

TM

2025 Calendar

Mental Health Coalition for Women & Families

“Breaking the Silence”

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Dedicated To Women on the Global Stage
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*This **Calendar** was designed to have more **Women** intentionally engage daily with their overall well-being.*

- Everyday, I get a new chance to improve my health
- A strategic guide for life
- Positive affirmations to recite
- A roadmap to health & wellness
- An integration of self-wellness
- Create generational wellness
- Design Wellness as Your Lifestyle

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We Are Team of Women Intentionally Engaging With Our OVERALL WELL-BEING...

Therefore, we Dedicate this Calendar to the Overall WELL-BEING of Other Women on the Global Stage of Life!



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Self-Care...
Is Essential
for Maintaining:

Spiritual
Nutritional
Physical
Mental
Emotional
Financial
Having Fun
Reproductive
Reproductive & Menopause
Longevity & Quality of Life
Recovery & Healing
Personal Development
Digestive Health
Natural & Holistic
Environmental
Women Supporting Women

Well-Being!

January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2025 February

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Spiritual Well-Being...

Meaning and Purpose: Engaging in activities that give your life meaning and purpose.

Spiritual Practices: Meditation, prayer, or other spiritual practices.

Nature: Spending time in nature to rejuvenate and find peace.

March 2025

Nutritional Well-Being...

is fundamental to overall well-being and plays a crucial role in maintaining physical, and mental health. Eating a balanced, healthy diet.

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2025 April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Physical Well-Being...

Exercise: Regular physical activity to maintain fitness and reduce stress

Sleep: Ensuring adequate and quality sleep.

Medical Care: Regular health check-ups and following medical advice.

Mental Well-Being...

Cognitive Stimulation: Engaging in activities that challenge your mind.

Mindfulness Practices: Meditation, deep-breathing exercises, and relaxation techniques.

Professional Help: Therapy or counseling when needed.

May 2025

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2025 June

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Emotional Well-Being...

Stress Management: Techniques such as mindfulness, meditation, or yoga.

Emotional Awareness: Acknowledging and understanding your feelings.

Support Systems: Seeking support from friends, family, or professionals.

Self-Compassion: Being kind and understanding towards yourself.

July 2025

Financial Well-Being...

Budgeting:
Managing your finances effectively.

Savings:
Setting aside savings for future needs and emergencies.

Financial Education:
Learning about financial planning and investments.

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2025 August

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Fun Well-Being...

Physical:

Walking along the beach
Swimming
Playing your favorite sport

Emotional:

Playing with your pet
Laughing & having fun with your friends

Taking classes:

Line Dancing
Playing an instrument
Zumba
Art

Reproductive Well-Being...

Menstrual Cycle:
Irregularities in the menstrual cycle can indicate health issues such as hormonal imbalances, thyroid problems, polycystic ovary syndrome (PCOS), or other reproductive health concerns. If cycles are consistently irregular, heavy, light, or significant pain, it's advisable to consult a healthcare provider.

Fertility:
Nutritional health plays a role in reproductive health and fertility for both men and women.

September 2025

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2025 October

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Reproduction & Menopause Well Being…

Pregnancy and Lactation:
Proper nutrition is essential for the health of both the mother and the developing baby during pregnancy and breastfeeding.

Menopause:
Is the natural biological process that marks the end of a woman's reproductive years. It occurs 12 months after a woman's last menstrual period and signifies the end of menstrual cycles. Menopause usually happens in women between the ages of 45 and 55, but it can occur earlier or later. Three phases; Peri, Menopause, & Post.

November 2025

Longevity and Quality of Life Well-Being...

Healthy Aging: Adequate nutrition contributes to healthier aging, maintaining physical and cognitive functions.

Quality of Life: Good nutrition improves overall quality of life, enabling individuals to remain active and independent.

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2025 December

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Recovery & Healing Well-Being…

Wound Healing:
Adequate nutrition is essential for the body’s ability to heal wounds and recover from illnesses or surgery.

Muscle Repair:
Nutrients like proteins are crucial for muscle repair and recovery after exercise and injury.

Personal Development Well-Being...

Learning and Growth: Pursuing hobbies, interests, and continuous learning.

Goal Setting: Setting and working towards personal goals.

Creativity: Engaging in creative activities like art, music, or writing.

Digestive Well-Being...

Gut Function: A balanced diet.
promotes healthy digestion and regular bowel movements.

Microbiome Balance: Proper nutrition supports a healthy gut microbiome, which is linked to overall health.

Natural & Holistic Well-Being...

Herbs:
It aims to restore balance and support the body's natural healing processes.

Juicing:
With juicing, you can experience the immediate benefits of quick and efficient absorption of nutrients. The body can easily digest and absorb the juice's vitamins, minerals, and antioxidants without breaking down fiber.

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Environmental Well-Being:

Safe Environment: Creating a safe and comfortable living space.

Organization: Keeping your living and working spaces organized and clutter-free.

Sustainable Practices: Adopting eco-friendly habits and practices.



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Women Supporting Other Women's Well-Being...

- Role Modeling & Mentorship
- Crisis Support & Safety
- Emotional & Psychological
- Empowerment & Self-Confidence
- Information & Resource Sharing
- Networking & Community
- Advocacy & Social Change
- Skill Development & Education.

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Here are Some Questions Women Can ask Themselves to Reflect on their Self-Care Practices:

Physical Health

Am I getting enough sleep every night?
Do I maintain a balanced and nutritious diet?
How often do I engage in physical activity or exercise?
Am I staying hydrated throughout the day?
Do I have regular check-ups with my healthcare provider? Annual mammograms, annual GYN visits?

Mental and Emotional Well-Being

Do I take time each day to relax and unwind?
Am I managing my stress effectively?
How often do I engage in activities that bring me joy and satisfaction?
Do I practice mindfulness or meditation regularly?
Am I seeking help or support when I need it?

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Social Connections

Do I maintain healthy and supportive relationships?
How often do I spend quality time with friends and family?
Am I communicating my needs and boundaries effectively to others?
Do I have a support system I can rely on?
Do I connect with my community?

Personal Development

Am I setting and working towards personal goals?
Do I take time to learn new skills or pursue hobbies?
How often do I reflect on my personal growth and achievements?
Am I prioritizing my passions and interests?



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Work-Life Balance

Do I have a healthy balance between work and personal life?
Am I taking breaks and vacations when needed?
How do I handle work-related stress and pressures?
Do I feel fulfilled and satisfied with my career? If not, what steps am I taking to change my career, or work environment?

Self-Care Practices

What self-care routines do I currently have in place?
How often do I engage in self-care activities like reading, bathing, or pampering?
Am I treating myself with kindness and compassion?
Do I regularly evaluate and adjust my self-care practices to fit my needs?

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Overall Well-being

How do I feel about my overall well-being on a scale from 1 to 10?
What areas of my life need more attention and care?
How can I make self-care a more integral part of my daily routine?
What small changes can I implement today to improve my self-care?

These questions can help Women assess their Self-Care routines and identify areas where they might need more focus or improvement.



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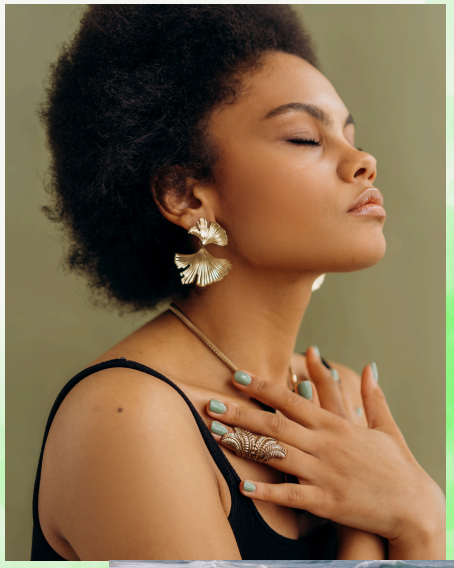
Wellness Quotes



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Images of Wellness















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Resources

Seven Times Anointed Ministries International – www.7STAMI.org – 661.341.0730

American Trauma Society – www.amtrauma.org - 800.556.7890

Let's Reimagine – https://www.letsreimagine.org

National Call Center for Homeless Veterans – 877.424.8383

National Center for PTSD – US Dept. of Veteran Affairs – 800.698.2411

National Center on Domestic Violence, Trauma & Mental Health – 312.726.7020

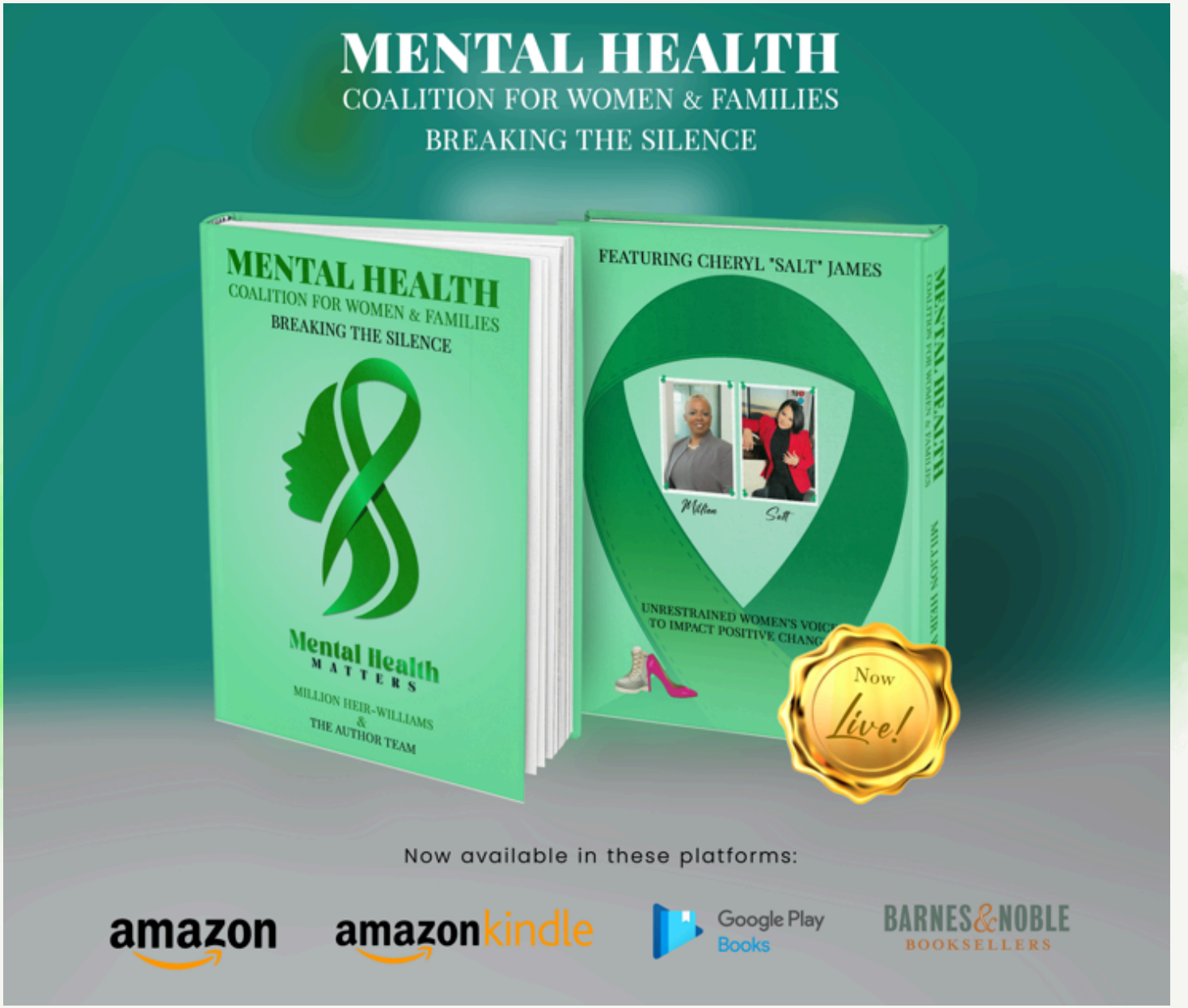
Mental Health of America - https://bit.ly/3VzPWzx

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Contact Information

Mental Health Coalition for Women & Families: “Breaking the Silence”

https://CoalitionforMentalHealth/

MentalHealthFamilies@gmail.com

www.EffectualIfeCoaching.com
www.7STAMI.org

425 Pinson Rd. suite M-68
Forney, TX 75126
661.341.0730

Million Heir-Williams,
Vision Heiress/Content Creator/Author/Speaker
Certified Mental Health Coach

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10% of your proceeds will go to
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A non-profit organization that raises awareness, provides education, inspires change, and transforms the lives of Women and their Families.

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