

April

2020

Well-being Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Look for the humor in a frustrating situation or connect with someone who makes you laugh.	Take 3 short mindful stretch breaks throughout the day.	Stretch your eyes. Every 20 minutes, shift your eyes to look at an object at least 20 feet away, for at least 20 seconds.	Make space for something crafty or creative.
5	6	7	8	9	10	11
Connect with a friend or loved one over the phone or through Facetime.	Go for a long walk.	<i>*World Health Day*</i> Do something to invite more calm into your life today.	Write down 5 things you are grateful for today.	Eat your lunch mindfully today. Place your fork down in between bites.	Take at least 2 energy breaks today.	Play your favorite song and have a dance party.
12	13	14	15	16	17	18
Set aside time to read a book you enjoy.	Do 5 minutes of deep breathing exercises.	Detox from technology at least an hour before bed.	Drink enough water (goal is half your body weight in ounces daily)	Get outside today and move your body.	If you are feeling stressed, reach out to the Faculty/Employee Assistance Program for support.	Explore a new walking or hiking trail today.
19	20	21	22	23	24	25
Do one thing that will help you feel more organized for the week ahead.	Write a list of 5 things that you're grateful for in your life.	Take 3 short mindful stretch breaks throughout the day.	<i>*Earth Day*</i> Go green at home by using less single use plastic.	Relax your mind and body before bed with deep breathing exercises.	Do something to invite more calm into your life today.	Set aside time for creativity today.
26	27	28	29	30		
Get outside today and move your body.	Take at least 2 energy breaks today.	Eat your dinner mindfully tonight. Place your fork down in between bites.	Attend the "How to Handle Stress" Webinar today at noon. Register here .	Practice washing your hands for 20 seconds throughout the day.		

For additional tips and resources visit dartmouth.edu/wellness