

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