

April

2022

Well-being Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Commit to a well-being goal for April.	Feeling tense? Close your eyes & focus on relaxing each body part, starting with your toes and continuing up to your shoulders and jaw.
3	4	5	6	7	8	9
Getting quality sleep is important; make sure your bedroom is dark and cool. Try deep breathing before bed to relax.	Working on a big project this week? Stay focused by removing distractions – put your phone out of sight & turn off email/chat notifications.	Try not to rush your meals; practicing mindful eating will provide a more nourishing break.	Relaxing music can reduce feelings of stress & anxiety. Wind down after work with 30 minutes of soothing sounds.	Today is World Health Day .	Feeling stressed or anxious? Reach out the Faculty/Employee Assistance Program .	Ditch the digital screens & immerse yourself in nature. Take a long walk around your neighborhood or at a favorite park.
10	11	12	13	14	15	16
Get ready for the week by treating yourself to a nutritious alternative to your favorite take out meal.	Helping others can boost your overall sense of wellbeing. Find a local volunteer opportunity in your community.	Join the virtual Gardening Demo: Seed Starting Indoors today at 12p.	Avoid electronics 30-60 minutes before bedtime to get a more restful night's sleep. Pick up a new book or magazine.	Take a moment to reach out to a colleague or friend & check how they're doing. A small gesture like this can go a long way.	It's humor month – watch a funny movie or comedy show and laugh out loud. It's good for your mental health too.	Looking for productive ways to fill your free time? Teach yourself a new language! Find a free/low-cost apps and online resources to help.
17	18	19	20	21	22	23
Simplify your weeknight routine: Dedicate some time to preparing easy healthy snacks and meals on Sundays.	Stay active by turning a regular meeting into a walking meeting this week; even if it's virtual.	Managing stress is easier when you know what sets you off. Make a list every time you notice something sending your stress-meter up.	Practice mindful eating today; put your phone and computer away while enjoying meals.	Join the Managing Worry & Anxiety webinar today at 12pm.	Today is Earth Day ! Have you thought about the environmental impact you're making?	Enjoy a fun, budget-friendly weekend to reduce financial stress. Schedule at-home activities like a dinner party or movie night.
24	25	26	27	28	30	
Do something that makes you feel good today. Self-care plays an important role in maintaining and improving mental health.	Text or call a loved one on your lunch break. It will make their day. And yours.	Join the Financial Wellbeing: Managing Income & Debt webinar today at 12pm.	Did you know that even 5-min of “not sitting” has benefits to your heart & longevity? Add a 5-min break every hour today.	Avoid multi-tasking; instead try “single-pointed focus” by tackling one task at a time.	Set, or revisit, your well-being goal for May.	

For additional tips and resources visit dartmouth.edu/wellness