

JUNE

2020

Well-being Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	This week is our “ Virtual Well-Being Event ” week! We will be offering webinars, fitness classes, and information to help support your well-being.	Participate in a virtual Trekking Tuesday! Go for a 30-minute walk today.	Attend the “The Psychology Behind Saving Money and Other Good Financial Habits” webinar today at noon. Register here .	Attend the “Coping with Uncertainty: How to Manage ongoing Stress with our new Normal” webinar today at noon. Register here .	Start your day off right by participating in a free “Morning Flow Yoga” class via Zoom at 7:30am. Click here to join.	Empathy is being with someone’s pain, even feeling it with them, without trying to make it better. Offer empathy to someone today.
7	8	9	10	11	12	13
Try starting a small vegetable garden. Tomatoes and herbs do great in containers if you don’t have space in your yard for a full garden.	Focus on staying hydrated. Drink ½ your body weight in ounces of water today.	Email a colleague a note of appreciation. You can find our virtual “Gratitude Basket” cards here .	Reflect on the past month and repeat an activity that brought you joy.	Take at least 2 energy breaks today.	What parts of yourself do you hide from the world? This part of you needs your love, acceptance, and compassion today.	Take a day off from social media.
14	15	16	17	18	19	20
Practice patience and allow things to unfold in their own time.	Practice mindful eating. Open your senses, eat slowly, and fully taste each bite.	Reach out to a friend, family member, or professional if you are feeling lonely today.	When you get into bed, visualize yourself somewhere calm and relaxing.	Give your eyes a break every hour. Close your eyes and just breathe for 30 seconds.	Today cultivate self-compassion by letting go of perfectionism. Use the affirmation: I am enough.	Happy first day of summer! Make sure you use sunscreen and check for ticks when you spend time outside.
21	22	23	24	25	26	27
Spend time connecting with nature today.	Rewrite a story that you’ve been telling about yourself that is no longer serving you.	Journal about a transformation you have made, or want to make, in your life.	Tell someone you love and appreciate them.	Detox from technology at least an hour before bed.	Practice loving-kindness toward yourself today. May I be happy. May I be well. May I be safe. May I be at peace.	Go for a photo walk. Discover the beauty in your neighborhood.
28	29	30				
Try a new healthy recipe tonight. Cook mindfully.	Give yourself some praise. Write down or say out loud 5 things you admire about yourself.	Cuddle up with a book instead of the TV before bed.				

For additional tips and resources visit dartmouth.edu/wellness