

May

2020

Well-being Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Start a gratitude journal for the month of May. Start or end each day writing down 3-5 things you are grateful for.	Go for a hike today and don't forget to do a tick check.
3	4	5	6	7	8	9
Set aside some time to plan out your week and get organized.	Participate in a free yoga class via Zoom every Mon/Wed from 12-1pm. Click here for the Zoom info and list of other upcoming classes."	Focus on moving throughout the day by getting up and stretching every hour.	Attend the "Connecting Mind and Body for Healthy Living" Webinar today at noon. Register here .	Take at least 2 energy breaks today.	Connect with a friend or loved one over the phone or through Facetime.	Practice social distancing if you leave your house today.
10	11	12	13	14	15	16
Say YES to something new today.	Take a media break today.	If you are feeling anxious, reach out to the Faculty/Employee Assistance Program for support.	Attend the "Using Guided Imagery for Wellness and Stress Reduction" Webinar today at noon. Register here .	Email a colleague a note of appreciation. You can find our virtual "Gratitude Basket" cards here .	Try a new recipe tonight. Cook mindfully.	Choose a self-care practice (a long bath or a warm cup of tea) that nourishes your mind, body, or soul.
17	18	19	20	21	22	23
Try planning out all of your meals and snacks for the week.	When you notice yourself being judgmental toward yourself or others, practice compassion.	Drink enough water (goal is half your body weight in ounces daily).	Attend the "Learning to Relax" Webinar today at noon. Register here .	Reach out to a friend, family member, or professional if you are feeling lonely today.	Go for a 30-minute walk before work to start your day with movement and fresh air.	Be aware of your internal dialogue. See if you can notice when you're kind (or unkind) to yourself throughout the day.
24	25	26	27	28	29	30
Get outside and move your body.	Cultivate self-compassion by letting go of perfectionism. Use the affirmation: I am enough.	Focus on moving throughout the day by getting up and stretching every hour.	Attend the "Mindfulness: Being Present in your Work and Life" Webinar today at noon. Register here .	De-clutter a space in your home that could use some organization. Click here for tips on spring cleaning.	Do 5 minutes of deep breathing exercises.	Detox from your devices today. Go offline for at least half of the day.

For additional tips and resources visit dartmouth.edu/wellness