

August

2021

Well-being Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Commit to a well-being goal for August.	Working on a big project? Stay focused by turning off email & chat notifications and put your phone out of sight.	Feeling down? Grab a mood-boosting cup of joe! Moderate coffee consumption is associated with lower rates of depression.	Dehydration can affect your ability to concentrate – keep a water bottle nearby and drink up!	You don't need a gym membership to stay active and healthy. Take a brisk walk or try an at-home workout routine.	Feel pure joy and plan to do something you enjoy over the weekend!	Your time is valuable. Practice politely saying no to social obligations or work-related tasks that are outside of your limits.
8	9	10	11	12	13	14
Exercise isn't just good for physical health: 20-30 min. of moderate activity can boost your mood and promote a better night's sleep.	Start your day with 10 minutes of breathing, gratitude and visualize what you want to accomplish today.	Join the virtual Cooking Demo: Canning 101 & Annie's Homemade Salsa today at 12:15pm	If you're struggling to unwind before bed, smell some lavender! This floral scent can reduce anxiety & prep your body for sleep.	Join the Adapting to an Ever-Changing World webinar today at 12pm	Write down 5 things from this past week that you are grateful for.	Spread joy and positivity by helping a friend, family member, or your local community.
15	16	17	18	19	20	21
Put your phone on "Do Not Disturb" and truly disconnect. Today is National Relaxation Day.	Reframe your thoughts this week to focus on the positive!	Take a break from work and go for a walk or roll at lunch today.	Find a new recipe and whip up something new with local fresh veggies!	Feeling stressed? Take 10 slow, deep breaths. You'll be surprised by how a simple breathing exercise can help you keep calm.	Turn off the TV tonight and play a game with friends or family.	Take a mindful walk or roll, on purpose today. Slow your pace so you can take in all the sights and smells.
22	23	24	25	26	27	28
Listen to your body! Subtle signs of stress can include changes in appetite, mood swings, headaches, stomach problems or sleep patterns.	When are you fitting in self-care this week? Add it to your calendar to make it a priority.	Don't skip lunch! Missing a meal can inhibit your ability to focus at work and might lead to overeating later.	Be nice to yourself – you are awesome!	Aim for at least 7 hours of sleep tonight by turning off electronics at least 1 hour before bed.	Reconnect with a friend, colleague, or family member who you haven't spoken with in a while.	Read a good book or listen to your favorite music today.
29	30	31				
Spend some time outside today and soak up the last days of summer.	Reflect on the past year and write down what you learned about yourself.	Set or revisit your well-being goal for September.				

For additional tips and resources visit dartmouth.edu/wellness