

January

2022

Well-being Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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						Happy New Year! Commit to a well-being goal for January.
2	3	4	5	6	7	8
Start the New Year with a plan. Set micro-goals throughout the month to help you stay on track towards your resolutions.	Add one new healthy food to your meals each week this month.	Did you delay care during the pandemic? Schedule your preventive care exams for the year.	Start and end your day with a 5-minute breathing exercise: 5 seconds in, hold for 5 seconds, 5 seconds out, and repeat.	Brighten up your workspace this winter with a small indoor plant.	Give back and get back some closet space; donate clothes you no longer wear.	Don't sleep in this weekend – waking up and going to bed around the same time each night can improve the quality of your sleep.
9	10	11	12	13	14	15
Embrace winter! Snowshoeing, sledding, and building a snow fort are fun, socially distanced ways to stay active.	It's Clean Your Desk Day! Remove the clutter from your workspace to prepare for the week ahead.	Join the virtual Healthy Cooking Demo: Lentil Chili today at 12:15p.	Feeling stressed or anxious? Reach out the Faculty/Employee Assistance Program .	Join the Financial Well-being webinar: Prepare for the Reality of Health Care in Retirement today at 12p.	Stay hydrated! Drink half your body weight in ounces. Add lemon or other fruit to jazz up your H2O.	Get a better night's sleep tonight – turn off the TV and pick up a good book instead!
16	17	18	19	20	21	22
Plan a family fun day; make a healthy meal together, do an outside activity together & watch a movie everyone will love.	Type 2 Diabetes is on the rise; check out the free Omada Program in partnership with Cigna.	Join Gentle Yoga Tuesdays at 12 pm and Restorative Yoga Thursdays at 5:15 pm	Exercise is more fun with friends! Get a gym buddy or schedule a walk/run/snowshoe/ski with a friend!	Join the Healthy Lifestyles: Changing the Way You Think About Diet & Exercise webinar today at 12pm	Laughter is the best medicine. Watch a funny movie or TV show for a mood boost.	Enjoy the winter weather – take a walk, go skiing, skating, or snowshoeing.
23/30	24/31	25	26	27	28	29
Pay someone a compliment & make their day. Do something you enjoy today!	Avoid a mid-day crash; avoid sugar beverages & drink water instead. Set, or revisit, your well-being goal for February.	Wake up early and spend an extra 15-30 minutes exercising before work.	Be proud of your accomplishments and celebrate your successes.	Take 5 minutes to sit in a quiet environment, close your eyes, and focus on your breath.	Mindfulness & meditation are great skills to have when you need a little me-time; try guided meditation, controlled breathing, or visualization.	The optimal temperature to sleep is 65°F. Turn down the heat 30 minutes before bed.

For additional tips and resources visit dartmouth.edu/wellness