## June 2021

### Well-being Calendar

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Commit to a well-being goal for June.</td>
<td>Move every hour - stretch, walk, or do squats to help you refocus, reduce stress, &amp; improve your physical wellbeing.</td>
<td>Take a quick jog to clear your head – it’s National Running Day!</td>
<td>Spending even 5 minutes around trees can improve your health. Take a walk or sit in a green space during your lunch break.</td>
<td>Schedule time for relaxation – try a guided meditation, read a book, or take a yoga class.</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Make a plan to volunteer, donate to a cause that’s important to you, or help out to a loved one – it feels good to give back!**
- **Prep and pack healthy lunches for the week – even if you’re working from home!**
- **Join the virtual Cooking Demo: Dress Up Your Strawberries today at 12:15pm**
- **Start and end your day with a 5-minute breathing exercise: 5 seconds in, hold for 5 seconds, 5 seconds out, and repeat.**
- **Schedule time in your day to step away from work to get some fresh air.**
- **Today is Global Wellness Day – make sure your plans this weekend leave time for the recommended 7-9 hours of sleep!**

- **When outdoors, don’t forget to wear plenty of sunscreen. A hat and light-colored clothing are also helpful.**
- **Join the Identify and Prioritize your Savings Goals webinar today at 12 PM**
- **Eat lean proteins, fruits, veggies, and whole grains to stay energized!**
- **Don’t be afraid to talk about your feelings. Reach out the Faculty/Employee Assistance Program.**
- **Get your endorphins going and improve mental health with exercise – start with just 10 minutes a day!**
- **Eat local! Visit a farmer’s market and enjoy the delicious in-season fruits and veggies!**

- **Get more active while having fun – run on the beach, go for a hike, or do whatever activity you enjoy!**
- **Eat more plants! Plan for a meatless dinner tonight.**
- **Eat your endorphins in the heat – aim to drink at least half your body weight in ounces each day.**
- **Join the Staying Young Through the Years webinar at 12 PM**
- **Doing yardwork is an excellent form of exercise. Stay hydrated and take regular breaks in the shade.**

- **Soak up the sunshine and get lots of outdoor time today – the sunshine and fresh air will boost your mood!**
- **When stress levels are high, step back and take a slow, deep breath & allow yourself a few minutes to relax.**
- **How long can you hold a plank? Take the challenge and set a new personal planking record today.**
- **It’s important to stay hydrated in the heat – aim to drink at least half your body weight in ounces each day.**
- **Join the Staying Young Through the Years webinar at 12 PM**
- **Take a break from emails this weekend and spend time with friends or family.**

For additional tips and resources visit dartmouth.edu/wellness