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**Well-being Calendar**

**Sunday 1**
- Commit to a well-being goal for May.
- Today is the last day to complete the Wellness at Dartmouth survey – let your voice be heard on programs for faculty & staff!
- Fill half your plate with fruits and vegetables at each meal. Then add some lean protein and a whole grain to balance out your meal.
- Enjoy the outdoors this weekend – go for a bike ride, hike a local trail, explore a park, or sit under a tree reading a book.

**Monday 2**
- Feeling stress or anxious? Reach out to the Faculty/Employee Assistance Program for confidential counseling and resources.
- Stay hydrated – divide your weight by two and then drink that many ounces of water each day.
- Remember to take your Vitamin C: Gratitude. Start your day by naming a few things or people you are grateful for.
- Give your eyes a break from Zoom and set up a phone call or walking meeting instead.
- Enjoy summer fruits and veggies – check out a local farmer’s market in your area.

**Tuesday 3**
- Plant some flowers in your backyard or buy some flowers for your kitchen counter and smile every time you look at them.
- Wake up a little early and go for a 10–15-minute walk outside – it will help set your week up for success!
- Join the virtual Gardening Demo: Composting 101 today at 12pm.
- Just breathe. Close your eyes and take 5 slow deep breaths.
- Are you up to date with your preventive screenings? If not, set up a visit with your health care provider to review what you may need.
- Eat at least 5 servings of fruits & veggies each day and try eating a variety of colors!

**Wednesday 4**
- Check for ticks if you've been outside gardening, walking, or camping. Take a shower and check your body for ticks within 2 hours.
- Plant some flowers in your backyard or buy some flowers for your kitchen counter and smile every time you look at them.
- Wake up a little early and go for a 10–15-minute walk outside – it will help set your week up for success!
- Join the virtual Gardening Demo: Composting 101 today at 12pm.
- Just breathe. Close your eyes and take 5 slow deep breaths.
- Are you up to date with your preventive screenings? If not, set up a visit with your health care provider to review what you may need.
- Eat at least 5 servings of fruits & veggies each day and try eating a variety of colors!

**Thursday 5**
- Remember to take your Vitamin C: Gratitude. Start your day by naming a few things or people you are grateful for.
- Give your eyes a break from Zoom and set up a phone call or walking meeting instead.
- Enjoy summer fruits and veggies – check out a local farmer’s market in your area.
- Have a healthy cookout - choose a lean protein like fish or chicken, and include flavorful veggies like squash, zucchini, onions, and peppers!

**Friday 6**
- Feel stress or anxious? Reach out to the Faculty/Employee Assistance Program for confidential counseling and resources.
- Stay hydrated – divide your weight by two and then drink that many ounces of water each day.
- Remember to take your Vitamin C: Gratitude. Start your day by naming a few things or people you are grateful for.
- Give your eyes a break from Zoom and set up a phone call or walking meeting instead.
- Enjoy summer fruits and veggies – check out a local farmer’s market in your area.

**Saturday 7**
- Plant some flowers in your backyard or buy some flowers for your kitchen counter and smile every time you look at them.
- Wake up a little early and go for a 10–15-minute walk outside – it will help set your week up for success!
- Join the virtual Gardening Demo: Composting 101 today at 12pm.
- Just breathe. Close your eyes and take 5 slow deep breaths.
- Are you up to date with your preventive screenings? If not, set up a visit with your health care provider to review what you may need.
- Eat at least 5 servings of fruits & veggies each day and try eating a variety of colors!

For additional tips and resources visit dartmouth.edu/wellness