

# December

2022

## Well-being Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Commit to a well-being goal for December.	Want to end the year strong? Break down your personal & professional goals into small manageable actions to get started.	Need a reset? Try positive affirmations. You can recite it in your head, out loud, write it down. Example: "I breathe in calmness & positivity."
4	5	6	7	8	9	10
Rethink exercise this week by playing with your kids, walking with friends, cleaning your house, or engaging in a hobby you enjoy.	It's National Handwashing Awareness Week! Get back to basics & stay healthier one handwash at a time.	It's the season of giving: Find a local volunteer opportunity or donate to a charity of your choice through Dartmouth's <a href="#">United Way campaign</a> .	Join the <a href="#">Make an Impact: Volunteer Workshop</a> today at 12pm.	Join the <a href="#">Counseling and Therapy, Demystified Webinar</a> today at 12pm.	Plan an outside activity this weekend – sledding, building a snowman, walking, skiing, or snowshoeing.	Try the 80/20 rule when it comes to indulging in treats. Try your best to make healthy choices 80% of the time—you don't have to strive for perfections.
11	12	13	14	15	16	17
Bundle up & take a walk! Sunlight boosts Vitamin D, which can improve your mood.	Friday, 12/16, is the deadline to submit nominations for <a href="#">the Lone Pine Staff Recognition Awards</a> – nominate a colleague today!	Avoid spreading yourself too thin this month. Keep your calendar up to date & schedule time for self-care.	Today is the payroll deduction deadline for <a href="#">Dartmouth's United Way campaign</a> .	Worried about financial stress & overspending this holiday season? Consider giving your time & energy rather than a physical gift.	Set aside time to clear your desk & organize your workspace.	Known as the most wonderful time of year, it can also be a stressful time of year. <a href="#">Call the F/EAP if you need help</a> .
18	19	20	21	22	23	24
Happy first Day of Hanukkah!	The holiday season can be stressful. Use the free <a href="#">Headspace app</a> to relax, focus, and be mindful.	Take a 10-minute self-care break today. Go outside, meditate, fit in a quick workout, or chat with a loved one.	It's the Winter Solstice. Take a moment to celebrate & reflect on all that you have to be grateful for.	Plan out some healthy snacks to have on hand – almonds, veggies and guacamole, apple and peanut butter.	Do a digital detox. Give yourself a break from social media – this will help you be present and make the most of time with loved ones.	Boost your hydration & impress your guests with holiday-inspired fruit-infused water. Try apple & cinnamon sticks or cranberry & rosemary.
25	26	27	28	29	30	31
Merry Christmas!	Happy first day of Kwanzaa!	Challenge yourself to discover off-screen activities that the whole family will enjoy.	Don't forget to drink water, even if it's cold outside. Aim for half your weight in ounces.	Take some time for yourself today and do something you enjoy!	Spend some time journaling & reflecting on 2022.	Happy New Year's Eve! Wishing you a healthy & happy year ahead! Set, or revisit, your well-being goal for January.

For additional tips and resources visit [dartmouth.edu/wellness](http://dartmouth.edu/wellness)