

November

2022

Well-being Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Commit to a well-being goal for November.	National Stress Awareness Day: get curious – take note of what impacts your personal stress levels.	Gratitude is seen as a key ingredient for a happy & fulfilling life. Celebrate gratitude and appreciation this month.	It's still important to stay hydrated as the weather gets cooler – aim for half your body weight in ounces.	Get outside and enjoy the fall weather – try a new walking or rolling route.
6	7	8	9	10	11	12
Don't forget to turn your clocks back an hour – enjoy a morning walk or coffee outside to make the most of shorter days and limited sun time.	To help adjust to daylight savings time, create a relaxing nighttime routine with activities like journaling, meditating, or sipping on tea.	Your skin reveals a lot about your overall health. Recognize National Healthy Skin Month by continuing to apply sunscreen in the winter.	Embrace fall foods and eat them in season – incorporate butternut squash, sweet potatoes, pumpkin, and apples.	How's your work-life balance? It can be tough to get it right; use this handy tool to see where you can make improvements.	November is Men's Health Awareness Month – encourage the men in your life to seek help for their mental and physical health.	The changing of seasons is a great time to declutter. Tackle one closet, drawer, or room at a time.
13	14	15	16	17	18	19
Happy World Kindness Day! How can you spread positivity & compassion today? Remember, your words can have a big effect on others.	Today is World Diabetes Day. An estimated 537 million people live with diabetes. Check out the Omada program .	Join the Moving Through Grief & Loss webinar today at 12pm.	Make room for kindness. Send a gratitude card to a colleague.	Today is the Great American Smokeout. Quitting tobacco isn't easy but Dartmouth has lots of resources available , including free Quit Kits.	Join the Financial Wellbeing: Maximize Social Security in Your Retirement Strategy webinar today at 12pm.	Recognize and support the caregivers in your life for National Family Caregivers Month.
20	21	22	23	24	25	26
Traveling this week? Pack healthy snacks and plan on doing some bodyweight exercises to keep moving.	Prioritize self-care with exercise, healthy eating, meditation & 8 hours of sleep.	Take a moment to look at your posture – slouching over time can put strain on your back and muscles.	Celebrate your wins. Take the time to hit pause and congratulate yourself for your accomplishments.	Happy Thanksgiving! While this holiday is known for what's on the table, it's about who you spend it with.	Do you really need that? It's the busiest shopping weekend of the year; be mindful about your spending habits.	It's Small Business Saturday – think about how you can support your local businesses.
27	28	29	30			
Although we're in the season of giving, remember to take care of yourself. Self-care is key during a hectic holiday period.	Take some time this week to plan your meals out in advance.	Today is Giving Tuesday. Consider donating time or funds to Dartmouth's Granite United Way giving campaign .	Set, or revisit, your well-being goal for December.			

For additional tips and resources visit dartmouth.edu/wellness