



January Wellness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Happy 2022!! What are your top 5 goals for the year?	1 Pick one word that will keep you motivated this month to make time for your wellness
2 Begin your day with quiet meditation to set your goals for the day!	3 Walk outside today and notice the changes in the weather. Spring is closer than it was a month ago.	4 Gratitude Stop and take note of the good in your life. List all that you are grateful for today!	5 Wellness Wednesday Check in with yourself. What's needed? Rest, Water, Exercise, Fun	6 It's time to move!! Run, Walk, Jump, Hop your way to 20 minutes of activity today!	7 Give Thanks! Leave a note of thanks for 4 people today .	8 Focus Take 15 minutes to focus on a task today.
9 Sunlight Get a book or magazine to read while sitting in the sunshine today.	10 Gratitude Stop and take note of the good in your life. List all that you are grateful for today!	11 It's time to move!! Run, Walk, Jump, Hop your way to 20 minutes of activity today!	12 Wellness Wednesday Check in with yourself. What's needed? Rest, Water, Exercise, Fun	13 Digital Diet After 8:00 PM, stay off of your phone or computer until the next morning.	14 Gratitude Stop and take note of the good in your life. List all that you are grateful for today!	15 Friends/Family Game Night!! Pick a favorite game to play tonight! Laughter is required!
16 Take a moonlit walk tonight. Get outside to enjoy the moonlight & crisp weather.	17 Take time to thank someone that has been a role model for you. Martin Luther King Jr Day	18 Rest Give yourself an extra 30 minutes of sleep today. Get to bed just a bit earlier.	19 Wellness Wednesday Check in with yourself. What's needed? Rest, Water, Exercise, Fun	20 Gratitude Stop and take note of the good in your life. List all that you are grateful for today!	21 It's time to move!! Run, Walk, Jump, Hop your way to 20 minutes of activity today!	22 Nutrition Drink an extra 2 glasses of water and eat 3 extra servings of vegetables.
23 3 Dune Challenge Take a stroll at the Dunes National Park today with a friend or family member.	24 Mindful Moment Take 2 minutes to sit or lay quietly. Reflect on your breathing.	25 Check In Which goal are you working towards today?	26 Wellness Wednesday Check in with yourself. What's needed? Rest, Water, Exercise, Fun	27 It's time to move!! Run, Walk, Jump, Hop your way to 20 minutes of activity today!	28 Free Day You decide what you will do for your wellness today. Be kind to yourself.	29 Sunny, Rainy or Snowy— Get outdoors for fresh air today. Enjoy the natural sunlight.
30 Gratitude Stop and take note of the good in your life. List all that you are grateful for today!	31 Volunteer your time with an organization in your community this week.		Regulation Strategies *Deep breathing *5 Finger Breath *6-4-8 breath	Regulation Strategies Massage Hands & fingers with lotion to relax and release tension.		