

Dedicated December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Who: Being dedicated to taking care of yourself will help improve your life. This calendar is for everyone!</p> <p>What: A calendar with some ideas and strategies to help improve all areas of overall well-being.</p> <p>Why: Personal and community well-being is an important aspect of health. When we take care of ourselves, life can be more enjoyable and fulfilling.</p>						<p>1. Keep a journal for the month to remind you all the things you are doing for yourself.</p>
<p>2. Hang eucalyptus in your shower or add some essential oil to a bath to help improve breathing and rid congestion.</p>	<p>3. Exercise your brain every day this week by reading the news or something stimulating every morning.</p>	<p>4. Identify who you are. What are your values and principles? Write them down and keep them in mind daily.</p>	<p>5. Get to bed early, get at least 8 hours of sleep so you are energized to finish the week.</p>	<p>6. Sign up for a fitness class. There are plenty of options, spinning, boxing, yoga to name a few!</p>	<p>7. Practice stress relief techniques. Controlled breathing, exercising, or even watching TV are all great options.</p>	<p>8. Take some time to relax. Rest is just as important to physical well being as exercise.</p>
<p>9. Practice meditation each day this week when you wake up and before you go to bed for five minutes.</p>	<p>10. Take a short walk every hour. If you are unable to take a walk, stand up for a few minutes.</p>	<p>11. Practice thinking positive, look for the bright side in situations.</p>	<p>12. Take time to do something for yourself. Rest, read, watch a movie. Whatever you want!</p>	<p>13. Thank someone who has helped you in the past. Continue to show gratitude into the future.</p>	<p>14. Take a walk and appreciate the beauty of the outdoors.</p>	<p>15. Take a day trip, somewhere you can do something you enjoy.</p>
<p>16. Join a club or a sports team to meet some new friends or have fun with old ones.</p>	<p>17. Unplug and socialize with others face-to face.</p>	<p>18. Cook with a friend. It is a great opportunity to take care of your physical as well as social well-being.</p>	<p>19. Connect with an old friend and get lunch, dinner, or go on a walk!</p>	<p>20. Practice active listening. Learn more about active listening HERE</p>	<p>21. This one may be hard, but work to resolve a conflict you have in your life.</p>	<p>22. Take some time to connect with or visit a family member you have not seen recently.</p>
<p>23. Try meal prepping healthy and balanced meals for the week.</p>	<p>24. Work on being optimistic! Approach the day with positivity!</p>	<p>25. Be accountable. If you make a mistake own it and work to fix it.</p>	<p>26. Practice empathy. Look at life through the eyes of another.</p>	<p>27. Practice self-acceptance. Be ok with who you are.</p>	<p>28. Learn something new. Start to learn a language or practice a new hobby of your choice.</p>	<p>29. Challenge yourself in some way. Try to accomplish something that is not easy for you.</p>
<p>30. Take a moment and reflect on your monthly journal. Look at all the things you did for yourself and those around you!</p>	<p>31. Spend some time not just making resolutions, but goals for you to accomplish in 2019. YOU GOT THIS!</p>	<p><i>“Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”</i> - Greg Anderson</p>				