









December 2021



Self-Care Inspiration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>More inspirations, check out our Wellbeing Insights e-magazine.</p>	<p>Click on the links for the resources to get started.</p>		<p>World AIDS DAY</p>  <p>01</p>	<p>Plan your holiday budget.</p> <p>02</p>	<p>Look to help someone today with only the goal of helping in mind.</p> <p>03</p>	<p>Operation Santa Paws</p>  <p>04</p>
<p>Handwashing Awareness Week</p>  <p>05</p>	<p>Spend time with someone that makes your day better.</p> <p>06</p>	<p>National Influenza Week</p> <p>07</p>	<p>Maintain a healthy routine this holiday season.</p> <p>08</p>	<p>Hitting the afternoon slump? Try a glass of water and a quick power walk.</p> <p>09</p>	<p>Organize a pot-luck with friends and family.</p> <p>10</p>	<p>Set your alarm for bedtime.</p> <p>11</p>
<p>Begin planning an exciting event for 2022.</p> <p>12</p>	<p>Make online shopping more active; add squats, planks & jacks</p> <p>13</p>	<p>Drunk & Drugged Driving Prevention Month</p>  <p>14</p>	<p>Practice slow mindful eating. It can leave you feeling more satisfied.</p> <p>15</p>	<p>Month of Giving December 2021</p>  <p>16</p>	<p>Enjoy your favorite dishes guilt free by consuming extra veggies.</p> <p>17</p>	<p>Dress appropriately & enjoy time outdoors.</p>  <p>18</p>
<p>Schedule time for mindfulness & relaxation this week.</p> <p>19</p>	<p>Stay on task today; avoid unnecessary interruptions.</p> <p>20</p>	<p>Plan your meals for the next several days.</p> <p>21</p>	<p>Stay home and cook dinner with only the ingredients currently in your pantry.</p> <p>22</p>	<p>Begin planning your 2022 resolutions.</p>  <p>23</p>	<p>Thank those in your life for a great year.</p> <p>24</p>	<p><i>Happy Holidays</i></p> <p>25</p>
<p>Buy an extra item and donate it to a food bank.</p> <p>26</p>	<p>Celebrate the season with an ugly sweater party.</p>  <p>27</p>	<p>Find time for your physical wellbeing today.</p> <p>28</p>	<p>Turn off digital devices and really listen to the conversation.</p> <p>29</p>	<p>Treat everyone with kindness today.</p> <p>30</p>	<p>Don't neglect your sleep this month. It is vital to your wellbeing.</p> <p>31</p>	