LIVING WELL calendar

31 Ways to Live Well during Living Well Month

NEAFCS

MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The 8 Dimensions of Wellness: **Social** **Physical** **Occupational** **Emotional** **Financial** **Environmental** **Intellectual** **Spiritual**		**1** Volunteer one hour of your time to help someone else (ex. moving furniture, cooking, cleaning, etc.)	**2** Practice being still for 5 minutes today (Try out some breathing exercises)	**3** Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment	**4** Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)	**5** Try a new vegetable today or try a familiar vegetable in a new way
6 Take 5 minutes to do some flexibility exercises	**7** Swap one sugar sweetened drink for water	**8** Give 3 compliments today	**9** Write down 5 blessings or things you are grateful for	**10** Do 10 body-weight squats and 10 jumping jacks	**11** Do some research to learn about a culture that is different than yours	**12** Be aware of your feelings. Express them to people you trust
13 Reach out to someone you care about. Make a date to get together.	**14** Be well at work—Set goals for your career and start taking steps to achieve them	**15** Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same	**16** Explore public events in your community and discover ways to get involved	**17** Find a book to read, and read 1 chapter today	**18** Forgive someone who has wronged you	**19** Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)
20 Declutter, donate, and recycle things you don't need or use anymore	**21** Find an opportunity to appreciate nature today	**22** Nurture your spiritual wellness. Ask yourself what values, are most important to you	**23** Do 10 pushups (or modified pushups) and 10 sit-ups today	**24** Take a mental health break at work and go for a walk outside or in the hallways	**25** Instead of watching a 30 min show tonight, listen to a 30-minute educational podcast or watch a Ted Talk	**26** Get outside and soak up some vitamin D. Find a park or trail and take a walk
27 Make a budget for April. If needed, talk to a financial advisor to get started	**28** Have a plant-based meal today	**29** Schedule any doctors visits, exams, or check ups that you have been putting off	**30** Bring a homemade lunch to work today rather than buying fast food	**31** Have dinner with your family, friend, or neighbor with no smart devices.	**For additional information on how to Live Well contact:**	