

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 How did you feel as you went to work today? Just notice.	2 Think about 3 things that bring you joy. Notice how you feel.	3 Can you make time for one thing that brings you joy today?	4 Did you know...you made a difference for someone today.	5 What is one thing you are grateful for today?	6 Who could you tell if you were having a tough day?	7 Think about one person who positively affected you this week.
8 Have you had a good laugh today? If not, seek out laughter.	9 Try taking a 1 minute break today...just breathe	10 What food lifts your mood? Can you have some today.	11 Try a nature walk today...did it change how you were feeling?	12 Your brain is 80% water...fuel your brain by drinking water today	13 Did you notice someone who could use some kindness today...be kind.	14 Try adding 15 minutes of extra sleep tonight/today.
15 Connection to others promotes wellness. Connect with someone today.	16 Do something "imperfectly" today on purpose.	17 What music makes you feel great...how can you work it into your day today?	18 Did you know....you matter. Reflect on this today.	19 What is your favorite inspirational quote? Share it with a colleague today.	20 Think of a favorite memory today. How did you feel thinking about it?	21 Think about one person you made a difference for this week.
22 Find a coworker doing something amazing today...tell them	23 Who are you grateful for? Can you tell them today?	24 30 second dance party....skill not required	25 Take a walking break today...notice the beautiful Fall colors	26 What is your bedtime routine? Does it prepare you to rest?	27 Being hard on yourself for a mistake? If your best friend made the same mistake what advice would you offer them?	28
29	30 What is one new wellness practice you can make part of your day?	31 Encourage a coworker today.				

SHINE

Notice how you are feeling

Where are you today with your wellness? What things affect how you feel?

Reflect on things that promote your wellness

What things help? Don't help? Are there any easy shifts to your work environment that might improve wellness for team members?

Improve workplace culture by making wellness part of your core "business"

As a team member or leader how can a commitment to staff wellness become part of your work environment and/or work flow.