

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Commit to doing something active every day this month	2 Make a list of new things you would like to try out	3 Start the year off by getting preventative care for your body and mind: <a href="https://muih.edu/community-resources/natural-care-center/">https://muih.edu/community-resources/natural-care-center/</a>	4 Be creative today - cook, draw, write, paint, make or inspire!
5 Fun Holiday-Bird Day: <a href="https://www.timeanddate.com/holidays/fun/bird-day">https://www.timeanddate.com/holidays/fun/bird-day</a>	6 Inhale an upbeat scent	7 Encourage others to take a brisk walk outside	8 Leave a positive message for someone else to find	9 Choose a different route to get somewhere and see what you notice on the way	10 Write a letter with pen and paper to someone you love	11 Have a self-date! Go see a movie, eat out and enjoy some time alone
12 Make a batch of infused water to last the week: <a href="https://www.tasteofhome.com/collection/infused-water-ideas/">https://www.tasteofhome.com/collection/infused-water-ideas/</a>	13 Sign up for a class you've always wanted to try	14 Have lunch with a friend	15 Oxygenate by taking 3 deep breaths	16 Clean and declutter your desk	17 Thank someone who does things for you that you may take for granted	18 Join a friend in their hobby and see why they like it
19 Do not check social media or email within one hour from waking	20 Write down the things you appreciate about yourself today	21 Eat a meal at a table in quiet	22 Read or do another relaxing activity before bed	23 Incorporate stretching into your day: <a href="https://blog.fitbit.com/daily-stretching-sequence/">https://blog.fitbit.com/daily-stretching-sequence/</a>	24 Spend one hour of uninterrupted time with someone close to you	25 Turn off digital devices for the day
26 Goof around! Schedule a fun activity and feel like a kid again	27 Be curious. Find out more about a new topic or idea	28 Go to bed an hour early tonight	29 Check in with yourself mid-week with a Body Scan Meditation: <a href="https://www.youtube.com/watch?v=QS2yDmWk0vs">https://www.youtube.com/watch?v=QS2yDmWk0vs</a>	30		



## National Health Observances

### Blood Donor Month

<https://americasblood.org/>

### Cervical Health Awareness Month

<https://www.nccc-online.org//>

### Glaucoma Awareness Month

<https://www.aao.org/eye-health>



# JANUARY 2020