

JANUARY 2022

S M T W T F S



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2 Take a day for self-care before returning to work	3 Declutter your inbox of those junk emails	4 Get back into your post-break routine	5 Check your home for radon. Learn HOW	6 Prioritize your mental health	7 Learn more about stress by reading the attachment to this email	8 Choose a goal for 2022 that will challenge you
9 Try something new this week - hobby, food, etc.	10 Tend to your indoor garden for houseplant week - read about the BENEFITS	11 Look for similarities rather than differences in others	12 Hydration isn't just for the summer - drink that H2O!	13 Take 24 hours to think about that "splurge" purchase before doing it	14 Practice positivity every day	15 Make sure you are prepared for winter weather
16 Prep and pre-potion out snacks and lunches for the week	17 Be open to learning every day	18 Acknowledge when a mistake is made	19 50 ways to flavor your popcorn for National Popcorn Day	20 Practice positivity every day	21 Recognize signs of stress in yourself	22 Have a "no spending" day
23 Research how to be more energy efficient	24 Self care isn't selfish	25 Write a "Don't Do" list to hold yourself accountable	26 Travel through food - try new cuisines	27 Check your resilience score	28 One minute of child-like play can boost your mood	29 101 Brain Teasers to keep your mind moving
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