

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Take a "well day" off from work this month	3 Eat when you are hungry and away from the tv/computer	4 Be silly and take a <b>Brain Break</b>	5 Create one goal to accomplish by the end of the month	6 Boost your immune system with Vitamin-D	7 Use one of these <b>Apps</b> to take a time out from tech
8 Go local today - find a farmers' market	9 Meatless Monday	10 Make your own Herbal Teas with these <b>recipes</b>	11 Draw for 15 minutes today	12 Work hard and be kind	13 Perform at least one act of kindness for <b>World Kindness Day</b>	14 Resist Perfectionism
15 Plan your movement out for the week	16 Send a <b>grateful card</b> to someone today	17 Make time to walk one mile today	18 Make half of your plate veggies	19 <b>Great American Smokeout</b> Get help to quit smoking	20 Share some ways in which you are thankful with us: <a href="mailto:wellness@muih">wellness@muih</a>	21 Practice your hobby today and/or share with a friend
22 Clean out your refrigerator today	23 Keep your skin hydrated - drink water, eat healthy fats and use a humidifier	24 Turn an ungrateful thought into a grateful one	25 Try some new sides this year for <b>Thanksgiving</b>	26 Use the holiday to find out your <b>family's health history</b>	27 Create healthy habits, not restrictions	28 Do something today that your future self will be thankful for
29 Free & Confidential Service for all MUIH Employees: <b>EAP</b>	30 Drink water before coffee, tea, or other morning beverages					

**November - Winter: Water**

Stillness abounds. The sounds of silence as the snow covers the ground and nature rests creates a sense of peace within. This is where replenishment of resources happens.



**National Health Observances**

**National Family Caregivers Month**

**Lung Cancer Awareness Month**

**American Diabetes Month**

**NOVEMBER 2020**

