

# 2023

**Wellness Calendar**

# A Better Version of Self: Vision Boards

JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Healthy Weight Week	16 National Nothing Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



## Challenge

Check off each day you set a positive affirmation focusing on achieving one of the goals on your Vision Board.

**Health Observance:** Blood Donor Month

# Shorter Workouts for the Win!

FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 National Wear Red Day	4
5	6	7	8	9	10	11
12	13	14 Random Acts of Kindness Week	15	16	17	18
19	20	21	22	23	24	25
26	27	28				



## Challenge

Track how many minutes of micro-exercise you do each day this month.

Health Observance: Heart Month

# Doomscrolling and How to Break the Cycle

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Employee Appreciation Day	4 Day of Unplugging
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



## Challenge

Temper scrolling

- 1 Set a timer - setting limits to how much you are scrolling.
- 2 Stay cognizant - stay focused on what you are looking for, and what information are you trying to find.
- 3 Swap vicious cycles for virtuous cycles - build positive emotions by connecting with friends, sending something funny to a friend.

**Health Observance:** National Nutrition Month



# Sustainability - Eco-Friendly Swaps

APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7 World Health Day	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22 Earth Day
23	24	25	26	27	28	29
30						



## Challenge

Check off each day that you intentionally made a more eco-friendly swap, such as using a travel mug instead of a single-use coffee cup or bringing reusable bags while shopping.

**Health Observance:** Alcohol Awareness Month

# The Health and Mood-Boosting Benefits of Pets

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 Laughter Day	8	9	10	11	12	13
14 Women's Health Week	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



## Challenge

Share a picture of your pet with family/friends and discuss what your pet means to you.

**Health Observance:** Mental Health Month

# Tech Neck

JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 World Environment Day	6	7	8	9	10
11	12 Men's Health Week	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



## Challenge

Check off each day you incorporate neck and shoulder stretching during your work day.

**Health Observance:** National Osteoporosis Month

# Creating Your Success and Accountability Team

JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 Everyone Deserves A Massage Week	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



## Challenge

Find an accountability buddy. Choose a friend who wants to achieve a similar goal and make a plan. Accountability might mean meeting each other once or twice a week to check in.

**Health Observance:** UV Safety Month



# Minor in Finance, Major in Savings: Student Financial Health

AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 National Financial Awareness Day	15	16	17	18	19
20	21	22	23	24	25 Kiss and Make Up Day	26
27	28	29	30	31		



### Challenge

Reach out to your college/university’s financial aid office and ask for information about student financial health resources, including emergency aid and educational opportunities.

Health Observance: Immunization Awareness Month

# Helping Others While Helping You (Volunteering and/or Caregiving Without Burnout)

SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10 Suicide Prevention Day	11	12 National Day of Encouragement	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



## Challenge

Choose a charity/organization and complete at least 1 hour of volunteering/caregiving/giving back in this month.

**Health Observance:** Suicide Prevention Awareness Month

# Conflict Resolution

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10 World Mental Health Day	11	12	13	14
15	16	17	18	19 Conflict Resolution Day	20	21
22	23	24	25	26	27	28
29	30	31				



## Challenge

Positivity is a state of mind. Participants think positively for seven days and see how it affects their mental health.

**Health Observance:** Breast Cancer Awareness Month

# Food Deserts & Healthy Food Access

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 World Diabetes Day	15	16 Great American Smokeout	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



## Challenge

Visit a nearby farmer's market or community garden for access to fresh, local, affordable food directly from the source.

**Health Observance:** Diabetes Month



# Be Financially Fit This Holiday Season

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 World AIDS Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15 National Ugly Holiday Sweater Day	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



## Challenge

Budgeting to Create an Emergency Fund - Determine why you want to start budgeting and how it will help you. Determine the right budgeting method for you and use a budgeting tool to implement it.

**Health Observance:** Influenza Vaccination Week