

















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
<h1>November 2018</h1>				1		2	 <p>Greet everyone with a smile today.</p>						
				4		5	<b>WEEK OF WALKING</b> Start the week off right by taking a 10-minute walk during your break. 	6	<b>MOVEMENT IS MEDICINE!</b> Set your phone, computer or watch to remind yourself to stand and move every hour.	7	<b>WELLNESS WEDNESDAY</b> Start a Gratitude Board in the office. Post something you are grateful for in your life.	8	
11		12	<b>MINDFUL MONDAY</b> Take 1 to 5 minutes at some point today to relax with meditation. Try to do this every day this week.	13	 <p>PAY IT FORWARD</p>	14	<b>WELLNESS WEDNESDAY</b> Pay it forward. Do something nice for someone else...remain anonymous	15		16	Offer to help a co-worker with a task that's causing him or her much stress.	17	
18		19	<b>MEATLESS MONDAY</b> Bypass the animal protein and make something plant-based like beans, nuts, tofu or tempeh	20		21	<b>WELLNESS WEDNESDAY</b> Themed Dress down day. Fun, comfortable and energizing.	22	<b>HAPPY THANKSGIVING!</b> Give Thanks today for all your blessings! 	23	Black Friday Spend Wisely	24	 <p>Financial wellness</p>
25		26	<b>MEANINGFUL MONDAY</b> Share positive words or email a co-worker "Thank you for...."	27	<i>Just Breathe</i> Take a moment throughout the day to take some deep breaths. It's a pain reliever and de-stressor	28	<b>WELLNESS WEDNESDAY</b> Drink more water! Try for 1/2 your body weight in ounces	29	<b>GRATITUDE TURNS WHAT YOU HAVE INTO ENOUGH.</b>	30	Smile before picking up the phone today		
				<p>No act of kindness, no matter how small ever goes unnoticed.</p> 		<p>Wellness Month Giving Thanks and Appreciation to Self and Others</p> 