PRIORITIZE WELL-BEING
NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 **Fresh Start** A new month is an opportunity to reach your goals. What do you want to accomplish this month?
2 **Shake it Up** Try a new food or recipe! This is an easy way to expand your cooking skills and discover a new healthy meal option.	**3** **Write it Down** Start your work week by writing 3 goals you want to accomplish this week. It could be work, fitness, or family related!	**4** **Election Day** Exercise your right and vote today!	**5** **Coaching Webinar** Today is our FREE coaching webinar: Strengthen Your Immune Health. Join us today at Noon CT!	**6** **Change of Scenery** Many of us spend most of our workday behind a screen. Take a break and go for a walk or visit a co-worker at their desk.	**7** **Mindful Moments** Start your day with three deep breaths before checking your phone.	**8** **Sleep Tight** Aim to get 7–8 hours of sleep nightly. Sleep supports the production of immune cells and reduces inflammation.
9 **Boost Your Fluids** Drinking a glass of water before a meal helps your water intake and keeps you full. Aim to get 6-8 cups of water every day.	**10** **Set Boundaries** It's okay to say "no" to things that do not serve your well-being.	**11** Thank you to all our Veterans!	**12** **Stress Management** Practice mindfulness or meditation. Chronic stress can weaken immune response.	**13** **Live Well, Work Well** Download this month's Live Well, Work Well Monthly Newsletter for a tasty new recipe and some great health tips and topics!	**14** **World Diabetes Day** Diabetes currently affects 1 in 10 people worldwide. Get helpful information on living with diabetes on the Healthy Living blog.	**15** **Lifestyle Habits** Avoid smoking and limit alcohol intake to improve your immune system. Excessive alcohol can suppress immune responses.
16 **Walk It Out** Take a walk after dinner instead of heading straight to the couch. It's a simple way to get in extra steps and support healthy digestion.	**17** **Exercise your Brain** Instead of setting a goal like 'read more,' commit to reading a chapter or a set number of pages each day or week.	**18** **No Spend Day** Plan not to spend any money today. Practicing no-spend days can help build wiggle room into your budget.	**19** Small changes eventually add up to huge results.	**20** **Focus on Nutrition** Boost your immune health by eating a mix of fruits and vegetables—they're packed with essential vitamins, antioxidants, and fiber.	**21** **Be Present** Limit screen time or switch to 'Do Not Disturb' mode to stay present—whether you're with family, working out, or simply unwinding.	**22** **Practice Kindness** Surprise a friend or loved one with a little gift for no reason. A card or a single flower can make someone's day, and it'll make you feel better too!
23 **Soup Sunday** Meal prep your favorite soup for easy meals all week. You'll thank yourself later. Check out our blog for a tasty pumpkin chili recipe!	**24** Every day of our lives we are on the verge of making those slight changes that can make all the difference.	**25** **Be Kind to Yourself** Practice self-compassion. Treat yourself with the same kindness and understanding that you would offer to a friend in a similar situation.	**26** **Sneak in Vegetables** Next time you make soup, pasta, or scrambled eggs, toss a few handfuls of fresh chopped vegetables into the mix.	**27** Happy Thanksgiving!	**28** **Relieve Stress** The holidays can be joyful—and stressful. Take time to recharge. Need help getting started? Check out our blog for some breathing exercises.	**29** **Shop Small** Shop local this Saturday and check out a new business! **30** Feeling heavy after Thanksgiving? Go for a walk to get moving!

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