

LIVING WELL *calendar*

31 Ways to Live Well during Living Well Month

MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The 8 Dimensions of Wellness: Social Physical Occupational Emotional						
	Financial Environmental Intellectual Spiritual	1 Volunteer one hour of your time to help someone else (ex. moving furniture, cooking, cleaning, etc.)	2 Practice being still for 5 minutes today (Try out some breathing exercises)	3 Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment	4 Have a meal that includes 3 of the 5 food groups (fruit, veggie, whole grain, low-fat dairy, protein)	5 Try a new vegetable today or try a familiar vegetable in a new way
6 Take 5 minutes to do some flexibility exercises	7 Swap one sugar sweetened drink for water	8 Give 3 compliments today	9 Write down 5 blessings or things you are grateful for	10 Do 10 body-weight squats and 10 jumping jacks	11 Do some research to learn about a culture that is different than yours	12 Be aware of your feelings. Express them to people you trust
13 Reach out to someone you care about. Make a date to get together.	14 Be well at work—Set goals for your career and start taking steps to achieve them	15 Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same	16 Explore public events in your community and discover ways to get involved	17 Find a book to read, and read 1 chapter today	18 Forgive someone who has wronged you	19 Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)
20 Declutter, donate, and recycle things you don't need or use anymore	21 Find an opportunity to appreciate nature today	22 Nurture your spiritual wellness. Ask yourself what values, are most important to you	23 Do 10 pushups (or modified pushups) and 10 sit-ups today	24 Take a mental health break at work and go for a walk outside or in the hallways	25 Instead of watching a 30 min show tonight, listen to a 30-minute educational podcast or watch a Ted Talk	26 Get outside and soak up some vitamin D. Find a park or trail and take a walk
27 Make a budget for April. If needed, talk to a financial advisor to get started	28 Have a plant-based meal today	29 Schedule any doctors visits, exams, or check ups that you have been putting off	30 Bring a homemade lunch to work today rather than buying fast food	31 Have dinner with your family, friend, or neighbor with no smart devices.	For additional information on how to Live Well contact: Olivia Patchel Family and Consumer Sciences Area Agent olivia_patchel@ncsu.edu 252-232-2261	

