

Self Care September

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Start a gratitude journal. Write down 1 thing you are thankful for even if it's small.	2 Challenge yourself to take a break from screens. (TV, computer, phone)	3 Do a favor for a friend.	4 Create a mood boosting playlist.	5 Go outside and take 5 deep breaths.	6 Hug your pet, partner, parent or a friend.	7 Watch a funny movie with a friend or family member.
8 Go for a walk and really notice the things around you.	9 Write down 3 things you like about yourself. Read it to yourself through out the week.	10 Do a meditation	11 Do 3 acts of kindness for someone else.	12 Check in with a friend to see how they are doing.	13 It's okay to say no when feeling overwhelmed. Say no to something.	14 Challenge yourself to learn a new hobby this month.
15 Take time to eat or veggie or fruit you like. Or try a new one you have never tried!	16 Write down your favorite motivational quote and hang that in your work space or break area	17 Go outside and take 5 deep breaths.	18 Look in the mirror and smile at yourself.	19 Do an activity that makes you feel like a kid again.	20 Dance it out Friday! Listen to your favorite song, sing it out loud and dance.	21 Plan a fun activity for you or your family.
22 Try something new. Say yes to a new activity you haven't tried this week.	23 Make someone laugh today.	24 Go for a walk and take time to notice things you can see, feel, smell or hear.	25 Thank 3 people you are grateful for and tell them why.	26 Write down 5 things you are grateful for.	27 Challenge yourself to take a break from screens this weekend.	28 Call a friend or family member you haven't spoken to recently.
29 Do a meditation today.	30 Ask for help one time today when you need it.	Lunchtime's Wellness Team challenges you to focus on your emotional wellness this month.				

Take a picture while you are completing one of the activities this month and send it to HR@lunchtimesolutions.com.

All picture entries will be entered into a drawing for a prize at the end of the month. And you might even be featured in the newsletter!

Fitness

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Lunchtime's Wellness Team challenges you to focus on your physical wellness this month.		1 Start your day with yoga.	2 Focus on stretching your body today.	3 Play an outdoor game with your kids, pet or friends.	4 Try a new workout today.	5 Do housework, yard work, or gardening. It counts as a workout!	
	6 Take a family walk around your neighborhood.	7 Do jumping jacks during commercial breaks while you watch TV.	8 Devote 30 minutes to your favorite workout.	9 Meditate.	10 Use the stairs when possible today.	11 Have a dance party to kick off your work day!	12 Pay a sport/game outside with friends or family.
	13 Assist a neighbor or friend with yard work.	14 Take a walk to the park!	15 Focus on stretching your body today.	16 Do a 20 minute cardio session.	17 Walk around your living room during your favorite show.	18 Do a youtube workout.	19 Go for a morning walk.
	20 Do your favorite sport or activity with a friend.	21 Meditate.	22 Devote 30 minutes to your favorite workout.	23 Take the stairs when possible today.	24 Go for a bike ride.	25 Try a new workout today.	26 Make time to do your favorite sport/activity.
	27 Try a strength training workout.	28 Go on a walk with a friend.	29 Be active during commercial breaks.	30 Do yoga before bed to help you wind down.	31 Have a spooky themed dance party or workout!		

Take a picture while you are completing one of the activities this month and send it to HR@lunchtimesolutions.com.

All picture entries will be entered into a drawing for a prize at the end of the month. And you might even be featured in the newsletter!

Gratitude

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunchtime's Wellness Team challenges you to focus on your community and social wellness this month.					1 Write a card to someone you're thankful for.	2 Call a friend or family member to tell them you appreciate them
3 Give someone a compliment.	4 Acknowledge someone's hard work.	5 Write a positive review of something you love.	6 Treat a friend or coworker to coffee.	7 Invite the person in line behind you to go ahead of you.	8 Donate something in your home you don't need.	9 Text an encouraging quote to a friend.
10 Push in someone's share or put someone else's shopping cart back.	11 Offer to give someone a ride.	12 Cook dinner with a friend or loved one.	13 Say hi and make conversation with a stranger.	14 Give someone a gift card you don't intend to use.	15 Leave a happy note on someone else's desk or workspace.	16 Offer to do a task or chore for someone.
17 Hold the door open for someone else.	18 Tell someone in person how much they mean to you.	19 Leave the close parking space for someone else.	20 Leave a positive review for a business.	21 When you want to complain, swap it for a positive thought.	22 Give someone a hug.	23 Give a friend a small bouquet of flowers.
24 Send a card to someone who is ill.	25 Bake goodies and deliver them to a neighbor.	26 It's Giving Tuesday. Donate to your favorite charity.	27 Invite the person in line behind you to go ahead of you.	28 Text an encouraging note to a friend.	29 Acknowledge someone's hard work.	30 Give someone a compliment.

Take a picture while you are completing one of the activities this month and send it to HR@lunchtimesolutions.com.

All picture entries will be entered into a drawing for a prize at the end of the month. And you might even be featured in the newsletter!

Deeds of kindness

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Slow down so someone can merge in front of you in traffic	2 Let someone else take that primo parking spot	3 Donate to an animal or warming shelter.	4 Smile at a neighbor or new student.	5 Share your snack with someone.	6 Play a conversation starter game during break.	7 Paint kindness rocks and leave for people to find.
8 Send someone a postcard with a positive quote.	9 Donate books to the library.	10 Bring treats for your co-workers.	11 Help out the janitor at school.	12 Make cookies for the elderly.	13 Make dinner for a family in need.	14 Give a stranger a compliment.
15 Write a nice note to a coworker you appreciate.	16 Take time to listen to someone.	17 Take a day to be positive without complaining.	18 Celebrate your best friend day!	19 Share a recipe.	20 Clean up a mess you did not make.	21 Volunteer at your favorite charity.
22 Let someone else have the close parking spot.	23 Write a thank you note for the school custodian or para.	24 Make someone laugh.	25 Do a kind deed 3 other people today.	26 Donate something you do not use to a charity.	27 Put a kind message on someone's door.	28 Make dinner for a family in need.
29 Hold the door open for someone.	30 Take time to listen to someone.	31 Coordinate a day for you and your friends or family to volunteer.	Lunchtime's Wellness Team challenges you to focus on your community wellness this month.			

Take a picture while you are completing one of the activities this month and send it to HR@lunchtimesolutions.com.

All picture entries will be entered into a drawing for a prize at the end of the month. And you might even be featured in the newsletter!