

SAMPLE

2024

LIVE INSPIRED CALENDAR

SELF-CARE GUIDE

Being Well
by doing good

JANUARY

2024

Sear above

SAMPLE

BIGGER THAN OURSELVES

Donating blood can be a powerful way to be a part of something bigger than yourself. Donors can feel good knowing they are helping others, while reaping these physical and mental benefits of donating blood:

- Stimulates the production of new red blood cells, leading to better overall health.
- Reduces the risk of some cancers and heart attack.
- Lowers cholesterol and improves circulation.
- Helps reduce stress, as it causes the body to release endorphins that improve mood.

Resources: RedCrossBlood.org | aabb.org | americasblood.org | health.mil | bca.coop

SELF-CARE GUIDE

If you plan to give blood, drink plenty of water beforehand.

CHALLENGE Do something unexpectedly nice for someone.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>December 2023</div> <div>S M T W TH F S</div> <div>1 2</div> <div>3 4 5 6 7 8 9</div> <div>10 11 12 13 14 15 16</div> <div>17 18 19 20 21 22 23</div> <div>24 25 26 27 28 29 30</div> <div>31</div>	<div>1</div> <div></div> <div>New Year's Day</div>	<div>2</div> <div></div> <div></div>	<div>3</div> <div></div> <div></div>	<div>4</div> <div></div> <div></div>	<div>5</div> <div></div> <div></div>	<div>6</div> <div></div> <div></div>
<div>7</div> <div></div> <div></div>	<div>8</div> <div></div> <div></div>	<div>9</div> <div></div> <div></div>	<div>10</div> <div></div> <div></div>	<div>11</div> <div></div> <div></div>	<div>12</div> <div></div> <div></div>	<div>13</div> <div></div> <div></div>
<div>14</div> <div></div> <div></div>	<div>15</div> <div></div> <div>Martin Luther King Jr. Day</div>	<div>16</div> <div></div> <div></div>	<div>17</div> <div></div> <div></div>	<div>18</div> <div></div> <div></div>	<div>19</div> <div></div> <div></div>	<div>20</div> <div></div> <div></div>
<div>21</div> <div></div> <div>National Hug Day</div>	<div>22</div> <div></div> <div></div>	<div>23</div> <div></div> <div></div>	<div>24</div> <div></div> <div></div>	<div>25</div> <div></div> <div></div>	<div>26</div> <div></div> <div></div>	<div>27</div> <div></div> <div></div>
<div>28</div> <div></div> <div></div>	<div>29</div> <div></div> <div></div>	<div>30</div> <div></div> <div></div>	<div>31</div> <div></div> <div></div>	<div>February 2024</div> <div>S M T W TH F S</div> <div>1 2 3</div> <div>4 5 6 7 8 9 10</div> <div>11 12 13 14 15 16 17</div> <div>18 19 20 21 22 23 24</div> <div>25 26 27 28 29</div>	<div>Rise and Shine Parfait</div> <div>4 cups fat-free vanilla yogurt</div> <div>2 cups fresh blueberries</div> <div>2 peaches chopped</div> <div>½ cup low-fat granola</div> <div>Layer half the yogurt, peaches, blueberries and granola into 4 parfait glasses. Repeat layers.</div>	

One friend
can change
your whole life

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BEST FRIEND BENEFITS

Best friends, whether near or far, new or old, who celebrate good times and provide support during bad times, are good for your health. Strong social connections can play a significant role in promoting overall health. Meaningful, nurturing, and lasting friendships add more than just fun. They also bestow:

Emotional support. A trusted person to talk with about important matters and to help cope with traumas, such as divorce, serious illness, job loss, or death of a loved one.


Companionship. Establishes a sense of belonging and allows honest conversations about feelings.

Encouragement. Improves self-confidence, motivation and self-worth.

SELF-CARE GUIDE

Make time for
connections that count.
Tending to your
relationships is a
form of self-care.

CHALLENGE Walk with a buddy. Track your daily steps with a friend, family member, or furry companion.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div></div> <div>Balsamic-Salmon Spinach Salad for Two 1 - 6 oz. salmon fillet • 2 tablespoons balsamic vinaigrette, divided 3 cups baby spinach • ¼ cup cubed avocado 1 tablespoon chopped walnuts • 1 tablespoon dried cranberries Drizzle salmon with 1 tablespoon vinaigrette. Broil or grill for 10-15 minutes and cut in to 2 pieces. In a large bowl, toss spinach with remaining vinaigrette. Divide between 2 plates. Top with salmon, avocado, walnuts and cranberries.</div>				1 <div></div>	2 <div></div> <div>Groundhog Day National Wear Red Day</div>	3 <div></div>
4 <div></div> <div>World Cancer Day</div>	5 <div></div>	6 <div></div>	7 <div></div>	8 <div></div>	9 <div></div>	10 <div></div> <div>Chinese New Year</div>
11 <div></div>	12 <div></div>	13 <div></div>	14 <div></div> <div>Valentine's Day</div>	15 <div></div>	16 <div></div>	17 <div></div> <div>Random Acts of Kindness Day</div>
18 <div></div>	19 <div></div>	20 <div></div> <div>Love Your Pet Day</div>	21 <div></div>	22 <div></div>	23 <div></div>	24 <div></div>
25 <div></div>	26 <div></div>	27 <div></div>	28 <div></div>	29 <div></div>	<div>January 2024</div> <div>S M T W TH F S 1 2 3 4 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</div>	<div>March 2024</div> <div>S M T W TH F S 1 2 3 4 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</div>

Green
vibes

SAMPLE

SPRING FRESH FOODS

Spring is a great time to get creative with your produce, including where you buy it. In addition to the grocery store, explore other options: **Farmer’s Markets** have fruits and vegetables at the peak of growing season, support local farmers, and keep the money you spend on food closer to your neighborhood. **U-Pick Farms** allow visitors to enjoy fresh air and sunshine while hand-picking fresh fruits and veggies.

Community Supported Agriculture (CSA) is a business model where a community of people come together to support a local agricultural producer.

SELF-CARE GUIDE

Incorporate self-care into your plate by adding vegetables to every meal.

CHALLENGE Aim for at least 5 servings of fruit and veggies each day, and track your progress in the date squares below.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>February 2024</div> <div>S M T W TH F S</div> <div>1 2 3</div> <div>4 5 6 7 8 9 10</div> <div>11 12 13 14 15 16 17</div> <div>18 19 20 21 22 23 24</div> <div>25 26 27 28 29</div>	<div>April 2024</div> <div>S M T W TH F S</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30</div>				<div><div></div><div></div><div></div><div></div><div></div></div> <div>1</div> <div>Employee Appreciation Day</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>2</div>
<div><div></div><div></div><div></div><div></div><div></div></div> <div>3</div> <div>World Wildlife Day</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>4</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>5</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>6</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>7</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>8</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>9</div>
<div><div></div><div></div><div></div><div></div><div></div></div> <div>10</div> <div>Ramadan Begins</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>11</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>12</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>13</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>14</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>15</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>16</div>
<div><div></div><div></div><div></div><div></div><div></div></div> <div>17</div> <div>St. Patrick’s Day</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>18</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>19</div> <div>Start of Spring</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>20</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>21</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>22</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>23</div> <div>Purim Begins</div>
<div><div></div><div></div><div></div><div></div><div></div></div> <div>24</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>25</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>26</div> <div>Diabetes Alert Day</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>27</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>28</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>29</div> <div>Good Friday</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>30</div>
<div><div></div><div></div><div></div><div></div><div></div></div> <div>31</div> <div>Easter</div>	<div>Cucumber Sandwich</div> <div>2 oz. cream cheese • 1 tablespoon low-fat plain yogurt • 1 tablespoon sliced fresh chives</div> <div>1 tablespoon chopped fresh dill • 2 slices whole-wheat bread • 1/3 cup thinly sliced cucumber</div> <div>Stir cream cheese, yogurt, chives, and dill in a small bowl. Spread the mixture evenly on one side of each bread slice.</div> <div>Top 1 slice with cucumber slices, then top with the other bread slice, cream cheese side down. Cut in half diagonally.</div>					

Nourish
to flourish

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RETHINK YOUR DRINK

Anyone who drinks alcohol can benefit from looking closely at their drinking patterns in relation to their physical and emotional health. Helpful suggestions to rethink your drink include:

Measure and count. Know the standard drink sizes. In the U.S. a “standard drink” is defined as any drink that contains about 0.6 fluid ounces or 14 grams of pure alcohol.
12 fl oz of regular beer • 5 fl oz of table wine
1.5 fl oz. for distilled spirits (gin, rum, tequila, vodka, whiskey, etc.)

Find alternatives. If certain activities, time of day, or feelings trigger the urge to drink, plan something else to do like taking a walk.

SELF-CARE GUIDE

Instead of fighting an urge to drink, accept the feeling and choose to ride it out like a wave knowing it will soon pass.

CHALLENGE

Keep track of how much you drink. Choose not to drink or drink in moderation by limiting intake to 2 drinks or less a day for men or 1 drink or less a day for women.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>March 2024</div> <div>S M T W TH F S</div> <div>1 2 3 4 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</div>	<div>1</div> <div></div>	<div>2</div> <div></div>	<div>3</div> <div></div> <div>National Walking Day</div>	<div>4</div> <div></div>	<div>5</div> <div></div>	<div>6</div> <div></div>
<div>7</div> <div></div>	<div>8</div> <div></div>	<div>9</div> <div></div>	<div>10</div> <div></div>	<div>11</div> <div></div>	<div>12</div> <div></div>	<div>13</div> <div></div>
<div>14</div> <div></div>	<div>15</div> <div></div> <div>Tax Day</div>	<div>16</div> <div></div>	<div>17</div> <div></div>	<div>18</div> <div></div>	<div>19</div> <div></div>	<div>20</div> <div></div>
<div>21</div> <div></div>	<div>22</div> <div></div> <div>Earth Day Passover Begins</div>	<div>23</div> <div></div>	<div>24</div> <div></div>	<div>25</div> <div></div>	<div>26</div> <div></div>	<div>27</div> <div></div>
<div>28</div> <div></div>	<div>29</div> <div></div>	<div>30</div> <div></div>	<div>May 2024</div> <div>S M T W TH F S</div> <div>1 2 3 4 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</div>	<div>Watermelon Lemonade</div> <div>1 (6 pound) seedless watermelon • ¼ cup lime juice ½ cup fresh lemon juice • 2 tablespoons honey 2 cups cold water • Lemon wedges and mint sprigs for garnish</div> <div>Cut watermelon in half. Scoop out and reserve the pink flesh. Process the watermelon and lime juice in a blender until smooth and frothy, about 30 seconds. Pour the mixture through a fine mesh strainer into a pitcher, pressing with a spoon to release the juices. Discard solids. Add water, lemon juice and honey. Pour the mixture into 4 ice-filled glasses.</div>		

Detect,
protect, correct

SAMPLE

HIGH BLOOD PRESSURE

Known as a silent killer, high blood pressure (HBP) can affect quality of life by:

- leading to stroke by creating conditions where vessels can burst or clog more easily.
- causing vision loss from a lack of blood flow to the retina.

- impacting sex life by lowering blood flow to the pelvis.
- leading to a heart attack from buildup of fat, cholesterol, and other substances that narrow the arteries serving the heart.

SELF-CARE GUIDE

The best way to know if your blood pressure is in a healthy or unhealthy range is to get your blood pressure checked.

CHALLENGE

Track your healthy lifestyle choices that lower blood pressure including not smoking, eating well, losing extra pounds, being physically active, limiting alcohol, and reducing salt.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Lemon Zucchini Ribbons</div> <div>1 tablespoon olive oil • ½ teaspoon grated lemon zest 1 tablespoon lemon juice • ½ teaspoon salt ¼ teaspoon pepper • 3 medium zucchini 1/3 crumbled goat or feta cheese</div> <div>In a small bowl, mix the first 5 ingredients. Using a vegetable peeler, shave zucchini lengthwise into very thin slices and arrange on a plate. Drizzle with dressing and toss lightly to coat. Top with feta cheese.</div>	<div>April 2024</div> <div>S M T W TH F S</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30</div>					
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Mother's Day						Armed Forces Day
19	20	21	22	23	24	25
26	27	28	29	30	31	<div>June 2024</div> <div>S M T W TH F S</div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30</div>
	Memorial Day				World No Tobacco Day	

Good food
is good mood



FOODS WITH
MENTAL HEALTH
IN MIND

Food is fuel for the body and mind, so the kind of foods and drinks we consume determines the nutrients in our system and impacts how well the mind and body function and feel.

- AIM TO:**
- Drink at least 8 glasses of water a day as even mild dehydration can cause difficulty concentrating and mood changes.
 - Eat breakfast to fuel your body after sleep.
 - Eat fruits, vegetables, nuts, whole grains, fish, and unsaturated fats, like olive oil.

- AVOID:**
- Excessive amounts of caffeine, which can trigger panic attacks in people who have anxiety.
 - Skipping meals, which leads to feelings of fatigue and “brain fog.”
 - High-fat dairy, fried, and refined sugary foods that increase risk of depression.

SELF-CARE GUIDE

Folate from leafy green vegetables like spinach, fruit, nuts, beans, and whole grains, is associated with a lower risk of depression.

CHALLENGE Explore the relationship between what you eat and how you feel.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>May 2024</div> <div>SMTWTHFS</div> <div>1234</div> <div>567891011</div> <div>12131415161718</div> <div>19202122232425</div> <div>262728293031</div>	<div>July 2024</div> <div>SMTWTHFS</div> <div>123456</div> <div>78910111213</div> <div>14151617181920</div> <div>21222324252627</div> <div>28293031</div>					<div>1</div> <div></div>
<div>2</div> <div></div>	<div>3</div> <div></div>	<div>4</div> <div></div>	<div>5</div> <div></div> <div>Global Running Day</div>	<div>6</div> <div></div>	<div>7</div> <div></div>	<div>8</div> <div></div>
<div>9</div> <div></div>	<div>10</div> <div></div>	<div>11</div> <div></div>	<div>12</div> <div></div>	<div>13</div> <div></div>	<div>14</div> <div></div>	<div>15</div> <div></div>
<div>16</div> <div></div> <div>Father’s Day</div>	<div>17</div> <div></div>	<div>18</div> <div></div>	<div>19</div> <div></div> <div>Juneteenth</div>	<div>20</div> <div></div> <div>Start of Summer</div>	<div>21</div> <div></div> <div>International Yoga Day</div>	<div>22</div> <div></div>
<div>23</div> <div></div>	<div>24</div> <div></div>	<div>25</div> <div></div>	<div>26</div> <div></div>	<div>27</div> <div></div> <div>National Sunglasses Day</div>	<div>28</div> <div></div>	<div>29</div> <div></div>
<div>30</div> <div></div>	<div>Scrambled Eggs with Spinach and Feta</div> <div>4 oz. fresh spinach • 4 large eggs</div> <div>1 tablespoon butter • 1 oz. feta • 1 pinch crushed red pepper</div> <div>Roughly chop the spinach into pieces. Crack the eggs into a large bowl and whisk. Add butter to a skillet and melt over medium heat. Add the chopped spinach and sauté until soft. Pour in the eggs and gently fold until eggs solidify. Top the eggs with feta and red pepper.</div>					

Here comes the Sun

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SOAK UP THE SUN SAFELY

Skin is the body's protective barrier from the outside world. Choosing the right sunscreen can be as simple as reading the label and understanding the terms:

Broad spectrum protection: protect against both UVA and UVB rays. All sunscreen protects against UVB rays which are the main cause of sunburn and skin cancers, but UVA rays also contribute to skin cancer and pre-mature aging.

Sun protection factor (SPF): The SPF number is the level of protection the sunscreen provides against UV rays. The American Cancer society recommends using an SPF of 30 or higher.

Water resistant: No sunscreens are waterproof or "sweatproof." For best results, reapply sunscreen at least every 2 hours and even more often if swimming or sweating.

SELF-CARE GUIDE

Sunglasses that block both UVA and UVB rays offer the best protection and reduce the risk of cataracts.

CHALLENGE Remember the 8x8 rule. Stay hydrated and aim to drink at least eight 8-ounce glasses of water per day.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>June 2024</div> <div>S M T W TH F S</div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30</div>	<div>1</div> <div></div>	<div>2</div> <div></div>	<div>3</div> <div></div>	<div>4</div> <div></div>	<div>5</div> <div></div>	<div>6</div> <div></div>
<div>7</div> <div></div>	<div>8</div> <div></div>	<div>9</div> <div></div>	<div>10</div> <div></div>	<div>11</div> <div></div>	<div>12</div> <div></div>	<div>13</div> <div></div>
<div>14</div> <div></div>	<div>15</div> <div></div>	<div>16</div> <div></div>	<div>17</div> <div></div>	<div>18</div> <div></div>	<div>19</div> <div></div>	<div>20</div> <div></div>
<div>21</div> <div></div>	<div>22</div> <div></div>	<div>23</div> <div></div>	<div>24</div> <div></div>	<div>25</div> <div></div>	<div>26</div> <div></div>	<div>27</div> <div></div>
<div>28</div> <div></div>	<div>29</div> <div></div>	<div>30</div> <div></div>	<div>31</div> <div></div>	<div>August 2024</div> <div>S M T W TH F S</div> <div>1 2 3</div> <div>4 5 6 7 8 9 10</div> <div>11 12 13 14 15 16 17</div> <div>18 19 20 21 22 23 24</div> <div>25 26 27 28 29 30 31</div>	<div>Mango Kiwi Strawberry Rolls</div> <div>12 rice paper wrappers • 1 ½ cups chopped strawberries</div> <div>2 bananas chopped • 1 mango cut into matchsticks</div> <div>3 kiwi chopped</div> <div>Prepare the rice paper according to directions to soften.</div> <div>Add fruit in the middle, fold and seal.</div>	

AUGUST

2024



SAMPLE

Born to Play

PADDLE, PEDAL, AND PLAY

Whether you prefer paddling on water or pedaling on land, there are plenty of outdoor sporting hobbies to get fit while having fun at the same time.

Paddle: Paddling provides a great workout in beautiful and peaceful surroundings and can enable you to unwind, recharge, and forget everyday troubles.

Pedal power: Cycling is good for the mind, the body, and the environment. Plan a ride on a scenic route.

Play ball: Volleyball, softball, basketball, or soccer are all fun, healthy ways to enjoy sports, stay fit, and bring friends and family together.

SELF-CARE GUIDE

Embracing activities that have the added benefit of keeping you physically fit and easily hitting activity goals, while having fun, brings a bucket of benefits!

CHALLENGE Find fun and safe ways to get active and move your way.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Salt and Vinegar Roasted Chickpeas</div> <div>2 cups cooked chickpeas (15-oz can drained and rinsed)</div> <div>3 cups white vinegar • 1 teaspoon sea salt</div> <div>2 teaspoons extra virgin olive oil</div> <div>Add chickpeas to a pot with vinegar and a dash of sea salt and bring to a boil. Remove from heat and let sit in pot for 15 minutes uncovered. Preheat oven to 400°F. Drain chickpeas in a strainer, place on lined baking sheet and drizzle with olive oil and sea salt. Roast for 25-30 minutes.</div>	<div>July 2024</div> <div>S M T W TH F S</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30 31</div>	<div>September 2024</div> <div>S M T W TH F S</div> <div>1 2 3 4 5 6 7</div> <div>8 9 10 11 12 13 14</div> <div>15 16 17 18 19 20 21</div> <div>22 23 24 25 26 27 28</div> <div>29 30</div>		1	2	3
4	5	6	7	8	9	10
Friendship Day						National Watermelon Day
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER

2024

A beautiful day
begins with a beautiful mindset

YOU DESERVE A GREAT DAY!

Every morning when you open your eyes, you have a chance to start over. This is a powerful mindset, and embracing it ensures a strong start to every day. Morning meditations, intention setting, and affirmations are powerful ways to set a positive tone for the day ahead.

CHALLENGE

Choose a practice to become a morning routine. Launch the day with a workout. Open your eyes to a meditation. Start with an affirmation, a positive statement that provides meaning, and say it to yourself every morning.

SELF-CARE GUIDE

Start every day
with empowerment,
positivity, and hope.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <div></div>	2 <div></div> <div>Labor Day</div>	3 <div></div>	4 <div></div>	5 <div></div>	6 <div></div>	7 <div></div>
8 <div></div>	9 <div></div>	10 <div></div> <div>Suicide Prevention Day</div>	11 <div></div> <div>Patriot Day</div>	12 <div></div>	13 <div></div>	14 <div></div>
15 <div></div>	16 <div></div>	17 <div></div>	18 <div></div>	19 <div></div>	20 <div></div>	21 <div></div>
22 <div></div> <div>Start of Fall</div>	23 <div></div>	24 <div></div>	25 <div></div>	26 <div></div>	27 <div></div>	28 <div></div>
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Where
focus goes,
energy
flows

SAMPLE

SPOOKY FEELINGS

Physical and mental dangers both create fear responses. Understanding this primitive survival mechanism and our body’s stress response to it can help us recognize what we are feeling, acknowledge the emotion, and face our fears by thinking before reacting.

Recognize what fear feels like. Increased heart rate, pit in the stomach, sweating or shallow breath.

Acknowledge that a fear has been triggered.

Pause and allow time to enter a calmer state before taking action.

SELF-CARE GUIDE

Make choices
based on what is
right for you today,
rather than what you fear
of losing in the future.

CHALLENGE Practice daily mindfulness to identify fears, lean into your anxiety and take a moment to reflect and give your energy to solutions.

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<div>13</div> <div></div>	<div>14</div> <div></div> <div>Indigenous People's Day</div>	<div>15</div> <div></div> <div>Global Handwashing Day</div>	<div>16</div> <div></div>	<div>17</div> <div></div>	<div>18</div> <div></div>	<div>19</div> <div></div>
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<div>27</div> <div></div>	<div>28</div> <div></div>	<div>29</div> <div></div> <div>World Stroke Day</div>	<div>30</div> <div></div>	<div>31</div> <div></div> <div>Halloween</div>	<div>Roasted Pumpkin and Brussels Sprouts</div> <div>1 medium pumpkin peeled and cut into ½" cubes • ½ cup olive oil</div> <div>1 lb. fresh Brussels sprouts, cut in half. • 4 garlic cloves, thinly sliced</div> <div>1 teaspoon sea salt • ½ teaspoon coarsely ground pepper</div> <div>2 tablespoons minced fresh parsley</div> <div>Heat oven to 400°F. In a large bowl, combine pumpkin, Brussels sprouts and garlic. In a small bowl, whisk oil, vinegar, salt and pepper, drizzle over vegetables and toss to coat. Transfer to a greased 15x10 baking pan. Roast 35-40 minutes. Sprinkle with parsley.</div>	

NOVEMBER

2024

When thoughts
start to haunt,
take a jaunt

SAMPLE

WALK AWAY

Feeling stressed, worried, fearful, sad, angry or caught in a bad mood, then it's time to take a walk. Exercise and meditation both work to accomplish similar outcomes. Walking combines the natural stress relief of moving the body with a mindful mental break from internal worries.

CHALLENGE

Practice walking to connect with your body and surroundings for a happier and healthier day.

SELF-CARE GUIDE

Take a walk to help release physical and emotional stress and gain a fresh perspective.

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																																																																				
<div><div>Healthy Trail Mix ½ cup almonds • ½ cup cashews ½ cup sunflower seeds • ½ cup dried cranberries • ½ cup popcorn Mix well and portion out for snacks.</div></div>			<div><div>October 2024</div><table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr></table></div>	S	M	T	W	TH	F	S			1	2	3	4	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			<div><div>December 2024</div><table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr></table></div>	S	M	T	W	TH	F	S	1	2	3	4	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					<div>1<div></div></div> <div>World Vegan Day</div>	<div>2<div></div></div>
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<div>17<div></div></div> <div>National Take A Hike Day</div>	<div>18<div></div></div>	<div>19<div></div></div>	<div>20<div></div></div>	<div>21<div></div></div> <div>Great American Smoke Out</div>	<div>22<div></div></div>	<div>23<div></div></div>																																																																																				
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DECEMBER

2024

SAMPLE

Be present
in the moment

PRESENCE

It is always important to prioritize your emotional health and well-being. Remember to take time for self-care and ensure that you are getting enough sleep, exercise, and nutritious foods. Make time for hobbies you enjoy and connect with what is most important to you about the holidays.

Breathing fully,
whether stressed or not,
is great for body
and mind.

CHALLENGE Slow down and breathe. Take a few minutes every day to do breathing exercises to relax mind and body.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <div></div> <div>World Aids Day</div>	2 <div></div>	3 <div></div>	4 <div></div>	5 <div></div> <div>International Volunteer Day</div>	6 <div></div>	7 <div></div>
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29 <div></div>	30 <div></div>	31 <div></div>	<div>November 2024</div> <div>S M T W TH F S</div> <div>3 4 5 6 7 8 9</div> <div>10 11 12 13 14 15 16</div> <div>17 18 19 20 21 22 23</div> <div>24 25 26 27 28 29 30</div>	<div>January 2025</div> <div>S M T W TH F S</div> <div>1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28 29 30 31</div>	<div>Fig and Goat Cheese Puff Pastry</div> <div>1 frozen puff pastry thawed • 6 tablespoons jam 1 (4 oz.) log goat cheese</div> <div>Preheat oven to 400°F. Lay puff pastry on a sheet of parchment paper and roll it out to 12 inches. Evenly spread jam over pastry, leaving ½ inch on 1 edge bare for sealing. Crumble goat cheese on top of jam. Brush the bare edge with water. Roll the pastry into a log, place seam-side down on a small cutting board and freeze 20-30 minutes or until firm enough to slice into 10 pieces. Transfer to a baking sheet and bake 25 minutes until golden brown on edges.</div>	

SELF-AFFIRMATIONS

Positive affirmations are brief phrases, repeated frequently, that are designed to encourage positive, happy feelings, thoughts, and attitudes.

JANUARY

Bigger Than Ourselves

Physical and mental benefits of donating blood.

I give and receive freely, generously, with open heart and open mind.

FEBRUARY

Best Friend Benefits

Nurture strong social connections for emotional support, companionship, and self-confidence.

I will participate in my relationships by making myself available for closeness and sharing with people I trust.

MARCH

Spring Fresh Foods

Access to an enticing array of produce, fresh and in season.

I deserve to feel amazing when I nourish my body.

APRIL

Rethink Your Drink

A valuable look at drinking patterns.

I forgive myself for past mistakes. I am confident in myself and my ability to achieve my goals.

MAY

High Blood Pressure

Being aware of the silent killer.

I am a gift to myself and the universe. I will nurture this gift with self-care.

JUNE

Foods with Mental Health in Mind

Fueling body and mind.

It is my right to feel as good as I can.

JULY

Soak Up the Sun Safely

Spending time outside is a great way to be physically active, reduce stress, and get vitamin D.

I am optimistic because today is a new day.

AUGUST

Paddle, Peddle and Play

Rejuvenating play is a source of relaxation and stimulation.

My body is strong and powerful.

SEPTEMBER

You Deserve a Great Day

Clear away the information overload that builds up every day.

I am well-rested and excited for the day.

OCTOBER

Spooky Feelings

Mental and physical ways of tackling fear.

My struggles are opportunities to grow. I will participate in life to the best of my ability, regardless of the outcome.

NOVEMBER

Walk Away

Combining exercise and meditation.

I let go of things that are achingly out of reach.

DECEMBER

Be Present in the Moment

Awareness and centered in the here and now.

I release my worries and allow myself to find peace in life's quiet moments.

2025 AT A GLANCE

JANUARY 2025

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FEBRUARY 2025

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MARCH 2025

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APRIL 2025

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MAY 2025

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JUNE 2025

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JULY 2025

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AUGUST 2025

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SEPTEMBER 2025

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OCTOBER 2025

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NOVEMBER 2025

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DECEMBER 2025

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MENTAL HEALTH RESOURCES

988 SUICIDE & CRISIS LIFELINE

24/7 free and confidential support for people in distress, prevention and crisis resources.

Dial 988 | 988lifeline.org

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service.

1-800-662-HELP (4357) | <https://www.samhsa.gov>

VETERANS CRISIS LINE

24/7, confidential crisis support for Veterans and their loved ones.

Dial 988 then Press 1 | [Veteranscrisisline.net](https://veteranscrisisline.net)

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233) | thehotline.org

ELDERCARE LOCATOR

A public service of the U.S. Administration on Aging connecting to services for older adults and their families.

1-800-677-1116 | [Eldercare.acl.gov](https://eldercare.acl.gov)

NATIONAL ALLIANCE ON MENTAL ILLNESS NAMI HELPLINE

800-950-6264 | [Nami.org](https://nami.org)

MENTAL HEALTH AMERICA MHA

800-969-6642 | [Mhanational.org](https://mhanational.org)

NATIONAL CANCER INSTITUTE SMOKING QUITLINE

1-877-44U-QUIT (1-877-448-7848)

SAMPLE

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engagement

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