

November 2024



Motto of the month:
Small steps lead to big changes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Because health is personal™

				<p>World Vegan Day 1</p> <p>Try to make one vegan meal today. Plant-based diets have benefits like: better digestion, improved gut health & reduces risk of heart disease.</p>		<p> 2</p> <p>Wake up and smell the roses. Why not treat yourself to a fresh bunch of flowers today?</p>		<p>3</p> <p>Need extra support with your money management? Seek a financial advisor or look for free, local support groups.</p>					
<p>4</p> <p>The changing of seasons is a great time to de-clutter your home. Take anything you don't want/need to charity!</p>		<p> 5</p> <p>Reduce screen time by busting out some old board games.</p>		<p>6</p> <p>It's time for a dance break! Put your favourite music on and let loose.</p>		<p>7</p> <p>It's okay to talk about your mental health today, tomorrow, and forever.</p>		<p>8</p> <p>Pause for one minute. Close your eyes and count your breaths.</p>		<p>It's Small Business Saturday! 9</p> <p>Support a local business today. This can be as simple (and free) as leaving a nice review!</p>		<p> 10</p> <p>Hydration time! Try to consume at least 2L of water throughout the day.</p>	
<p>11</p> <p>Family time might just be the thing you need today. Share a hug or a warm message with a loved one.</p>		<p> 12</p> <p>Take a photo of something that brings you joy and share it to spread the joy!</p>		<p>World Kindness Day 13</p> <p>Take a moment to be kind to yourself, a loved one, and a stranger.</p>		<p>14</p> <p><u>News anxiety</u> is real. If you need to take a break, you absolutely should.</p>		<p> 15</p> <p>Check-in with yourself. How are you feeling?</p>		<p>16</p> <p>Your thoughts, insights, and perspectives enrich the lives of others. Diversity is essential for a thriving company culture.</p>		<p>17</p> <p>Thinking negatively about yourself? Remember, if you wouldn't say it to a stranger or a loved one, you shouldn't say it to yourself.</p>	
<p> 18</p> <p>Breathe in for 4 seconds. Hold for 4 seconds. And breathe out for 4 seconds. Feeling better?</p>		<p>International Men's Day 19</p> <p>Today is a chance to raise awareness about men's health and the astronomically high suicide rate amongst men. You are not alone ❤️</p>		<p>20</p> <p>Future-you will always thank now-you for any self-kindness you show yourself</p>		<p> 21</p> <p>For every negative thought, try to counteract it with a positive one.</p>		<p>22</p> <p>Turn your wellbeing initiatives into a fully-fledged strategy that everyone loves with the help of our free toolkit.</p>		<p> 23</p> <p>Being a working parent can be extremely difficult. Here are 8 tips on how to navigate your work/home life.</p>		<p>24</p> <p>#WorldMentalHealthDay is every day. Watch our webinar with Headspace to learn how to support your employees mental health better.</p>	
<p>25</p> <p>What are you grateful for today?</p>		<p>26</p> <p>Multi-tasking may seem like a good idea, but it can lower your productivity. Make it your goal for the day to focus on one task at a time.</p>		<p> 27</p> <p>Sometimes it's okay to do just nothing, if that's what your body needs!</p>		<p>28</p> <p>Progress isn't linear. Look after how far you've come and remember to celebrate the small wins too.</p>		<p> 29</p> <p>Add some colour to your meals. Taste the rainbow!</p>		<p>30</p> <p>Tomorrow is the last month of 2024. What were your goals at the start of the year and are you progressing?</p>			