

December 2024



Motto of the month:
You made it.
Be proud of yourself.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Because health is personal™



World AIDS Day

1

Want to end the year strong? Break down your personal & professional goals into small manageable daily actions to get started.

2

Let's celebrate inclusivity and advocate for accessibility on the **International Day of Persons with Disabilities**.

3



Don't deprive yourself of the culinary delights of the holiday season. [Check out these tips](#) for healthier holiday eating.

4

It's National Handwashing Awareness Week!

Get back to basics & stay healthier one handwash at a time.

5



Shorter, colder days can make it harder to stay motivated and keep up with your usual activities but sticking to a routine can help.

6

Don't miss out on these 7 [cold weather smoothies](#) that are perfect for winter.

7

It's natural to feel less connected to others in winter, especially if you're going out less. But staying in touch with others is important to keep loneliness at bay.

8



Avoid spreading yourself too thin this month. Keep your calendar up to date & schedule time for self-care.

9

Stand for dignity, freedom and justice for all as we honor **Human Rights Day**.

10

Being mindful of how much alcohol you drink can have a positive impact on your mental health. Alcohol is a depressant, which means that while it might help you relax in the moment, it can affect your mood and sleep in the long term.

11

Check these 4 tips for [managing holiday stress](#).

12

A Coach [shares tips](#) for holidays and self-care.

13

The last few years have been challenging, with many people feeling anxious about their health, job security or finances. Whatever you're facing right now, finding moments to unwind each day can make a difference.

14



It's the season of giving: Find a local volunteer opportunity or donate to a charity. It feels good to give back!

15

December is Safe Toys & Gifts Month, spend some extra time to ensure the gifts you're selecting for children are safe & age appropriate.

16

Winter is the perfect time to reflect and plan for the new year, so why not start writing a journal?

17



Try the 80/20 rule when it comes to indulging in treats. Try your best to make healthy choices 80% of the time—but you don't have to strive for perfection.

18

If you're struggling, you're not alone. It's okay to ask for help if you need to and there's always someone to talk to.

19



Bundle up & take a walk! Sunlight boosts Vitamin D, which can improve your mood.

20

It's the Winter Solstice! Take a moment to celebrate & reflect on all you have to be grateful for as you transition into a new season.

21

For some of us, the holidays can be isolated, particularly if we are separated from family and friends. Pick up the phone and call someone you care about!

22

Remember to [think holistically](#) about your relationship with food. This can help you maintain healthy habits while enjoying the holidays.

23

Don't let people rush you. Frenzied activities lead to errors, regrets and stress. If you're feeling rushed, ask people to wait until you finish working or thinking something out.

24



Merry Christmas!

25

Here are [8 tips](#) on how to stay healthy this holiday season.

26

Need a reset? Try positive affirmations. You can recite it in your head, out loud, or write it down. Here's one to get started: "I breathe in calmness & positivity."

27



New Years Eve is close by, which can create stress and anxiety. So [how can you boost awareness](#) about stress with your leaders and members?

28

Remember, being realistic and flexible with your expectations will help prevent guilt or disappointment if you don't complete your to-do list or if things do not go as planned.

29

Here are the [6 tips for a great new year start](#).

30



Happy New Year's Eve!

31

The world's #1 digital health & wellbeing solution