

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					1 Choose a 2021 “Why” Word Pause to reconnect with your purpose. Why do you do what you do? Remind yourself of your word throughout the year.	2 Honor the “Both/and” Life consists of good and challenging times. Acknowledge both to appreciate the other.
3 Stay Active Take time today to engage in a physical activity you enjoy. Exercising during the winter months can be especially beneficial.	4 Sigh Breathe in fully, then exhale fully, accompanied by an “ahhh.” A deep sigh naturally releases tension and resets the nervous system.	5 Take Notice Be aware of the world around you. Discover something you overlooked in a common space. Curiosity helps prevent becoming stuck.	6 Tune In What you pay attention to strengthens your neural networks of emotion and feeling. Ask yourself: “Is this the feeling I want?”	7 Keep Learning What is something you have wanted to know more about? Check it out! Growing personally and professionally helps to build confidence.	8 Build a Support Network List the people, places, things and activities that support and nourish you. 	9 Give Offer a random act of kindness to a stranger today.
10 Make It Manageable Approach a daunting task by breaking it up into smaller steps.	11 Talk Openly Find someone you trust with whom you can have an open conversation today. Feeling understood feels good.	12 Ground to Stay Present When feeling distracted, bring attention to the bottom of your feet touching the solid surface of the floor. 	13 Repeat a Key Word Identify a word that you associate with feeling calm and at ease, such as “peace,” “beauty” or “serenity.” Under stress, pause and repeat that word to yourself.	14 Compassion “May I offer my care and presence knowing that it may be met by gratitude, indifference, anger or anguish.” — Joan Halifax 	15 Change Perspective When faced with a challenge, ask yourself, “Is there another way I might look at this situation?”	16 Practice H.A.L.T. Check-in and tend to your needs. Hungry – Eat. Angry – Take a moment. Lonely – Connect with others. Tired – Take a break or stretch.
17 	18 Dream Big Inspired by Dr. Martin Luther King Jr.’s famous speech, pause for a moment to reconnect with your wishes for a better world. What are your dreams for us?	19 Use MRI When you are uncertain about why a co-worker did something a certain way, show them respect by starting with the most respectful interpretation (MRI) possible.	20 Body Scan Take 30 seconds and check in with yourself physically, emotionally and mentally. What do you need in this moment? 	21 Affirmation Give yourself the gift of positive affirmation throughout the day with the simple reminder, “I can do this...”	22 	23 Acceptance Bring to mind one thing that bothers you that you have not been able to address. To find freedom from your frustration, consider accepting that thing you can’t change.
24/31 Relax and Replenish Practice healthy habits outside of work. Eat well, exercise and get enough sleep. Have something on your calendar to look forward to.	25 Daily Successes Celebrate your successes by making a list of your accomplishments today.	26 	27 Breathe to Relieve Feeling tension or pain in your body? Close your eyes, breathe in deeply and gently direct your breath to that place in your body.	28 Spread Kindness Leave a note of appreciation or inspiration somewhere for someone else to find. 	29 Summarize To avoid misunderstanding in conversations, stop to summarize what another person is saying before sharing your own thoughts. “I hear you saying that....”	30 Walking Buddy Find a co-worker and go for a walk. 