



WellNYS
Everyday

2020 Monthly Challenge

Register at wellnys.goer.ny.gov

November

Express gratitude.

s	m	t	w	t	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					

Holiday
Floating Holiday

In 2020, participate in THE THREE every day by doing the following:

- 1) Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the "Go Beyond the Challenge" starting November 20th.
- 2) Check off that you did the Daily To-Do on the Monthly Challenge tracking form that can be found at wellnys.goer.ny.gov/.
- 3) Ask your wellness partner, did you do the WellNYS Daily To-Do?



November WellNYS Daily To-Do

Once you've completed the To-Do, check the box!

Please do your part: stay six feet apart, wear a mask, and wash your hands.

1 The Monthly Challenge for November is to express gratitude every day. Register for the Monthly Challenge at wellnys.goer.ny.gov

2 Gratitude can make people **happier**, improve their **relationships**, and potentially even counteract **depression** and **suicidal thoughts**. But might the benefits of gratitude go beyond that? Could gratitude be good for your physical health, too? Click on the following link to learn more. https://greatergood.berkeley.edu/article/item/is_gratitude_good_for_your_health

3 A gratitude jar is similar to a gratitude journal. You will need a jar, slips of paper, a pen and an open mind. Write down one experience or moment of gratitude each day, then put the paper in the jar. Periodically open the jar and read your notes to experience the feelings of gratitude all over again.

4 To express gratitude: share a kind word with someone, call a person you are thinking about, send an email or text to check-in with a friend or family member and ask if there is anything you can do to help, or listen attentively when someone is talking to you.

5 Instead of a card for someone's birthday, write a story, a memory, or something you admire about that person. Wrap it up and present it as a gift.

6 The year 2020 has been a year no one will ever forget. Spend a few minutes writing about the positive things that happened this year. What experience did you go through that you are grateful for?

7 A thank you goes a long way, whether it's a note or card, a simple text message, a thoughtful email, or your voice on the phone.

8 Go outside on this autumn day to experience nature with the intent to be mindful and grateful.

9 In your gratitude journal, or on a piece of paper, write about a difficult experience and how it transformed you and led to something positive in your life.

10 Place a gratitude journal next to your bed. Each night write in it for five to ten minutes, focusing on what you are feeling grateful about.

11 Write one thank you note each day for one year. Looking for meaning in his life, John Kralick started this practice in 2008. He wrote a book about his experience. You may want to try this, too. You don't have to wait for New Year's Day; you can start today.

12 In your mind, fast forward 10 years to the year 2030. What does your life look like? What will you be grateful for when you look back 10 years?

13 Instead of saying "How was your day?" ask yourself, "What was the best thing that happened today?" Then listen for the answer.

14 Most likely you have heard of a bucket list. But have you ever heard of a reverse bucket list? It's a list of memories you don't want to forget. Look through old photos to jog your memory. Then make a list.

15 Make a list of the top 10 most gratifying things you've done in your life.

16 Looking back to when you were a child, who had the biggest impact on your life? Was it a family member, friend, or teacher? Write down the person's name and what that person taught you. You may even want to let that person know of their impact on you.

17 Reach out to your wellness partner and share with them why you are grateful for them.

18 Say to yourself, "It's a simple thing to thank someone for (fill in the blank)", and then, do it.

19 At your dinner table tonight, ask someone to name a person, thing, or experience they are grateful for. Have everyone take a turn.

GO BEYOND THE CHALLENGE

20 Make it a point to actively listen to someone today. Give this person your undivided attention.

21 When you receive good service at a restaurant or for other paid services, leave a generous tip, if you can. In the service industry, it shows workers they are appreciated. If you can't leave a tip, express your thanks verbally to them and, if possible, to their manager.

22 Show your gratitude by offering to do a chore or errand for someone else. This simple act may make their day a little bit easier.

23 When things aren't going according to plan, still try to practice gratitude. Understand that humility and temporary defeats teach us a lot. When you are grateful, you focus on the opportunities that failures give you rather than negative consequences.

24 A very simple act of gratitude can be to put your phone away when you are with other people. This is not always easy but will show others you are giving them your undivided attention and respect.

25 Give a gift to someone. It doesn't have to be expensive or big; just a small token of your appreciation.

26 Happy Thanksgiving. Today is a day to give thanks for friends and family around the dinner table, and for those who can't be with you today.

27 Write a thank you letter to the first person that comes to mind.

28 Create a gratitude list of all the things that make your life easier such as running water, sleeping in a warm bed, or having food in the refrigerator.

29 Gratitude is a feeling that goes way beyond just a simple expression of thanks. Today, spend some time in silence thinking of all the blessings in your life and focus on your feelings of gratitude.

30 Gratitude has been the focus all month. As you enter the month of December, be mindful of your feelings of gratitude by creating a daily ritual where you choose the same time every day to think about what you are grateful for.

31 Today is the last day of November. Go to the WellNYS Everyday website at wellnys.goer.ny.gov and check off the days you participated in the Monthly Challenge.

Number of days completed