*Wellness Diary-*

*an inspiring workbook for well-being*

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*Foreword*

*This diary has been created with the wish to inspire a greater sense of wellness in your life.*

*The guidance and knowledge found here are from what I have read, and experienced. They are inspired from my education, coaching, nursing work and research study.*

*I hope they will be valuable for you.*

*I earned my associate nursing degree at Bucharest- from Christiana School of Nursing , in 2000 and my bachelors of nursing at Charlotte from UNC Charlotte in 2010, while working in acute care for almost 8 years . During my nursing work, I encountered a lot of suffering, but I knew there were better ways for a happy and healthy life.*

*I researched for a further 4 years in the science of wellbeing and health and practiced it in real life.*

*I give thanks to all my friends, UNC Charlotte professors, inspiring mentors, community activists, and authors that contributed to my progress of consciousness and knowledge. They’ve guided me out of their abundant unconditional Love.*

*Our well-being may seems like it belongs to us but it is not….It is deeply interconnected to the efforts of others, as well as commitments and devotion of the community as a whole. Anything we do for others will greatly impact their lives as well as the life of the whole community.*

*We are all interconnected through love, service , awareness, sensitivity and virtues.*

*This wellness diary is not meant to treat any of your medical conditions , for which you should seek the care of an accredited professional .*

*You should not substitute this book for your medical treatments. I do not assume any legal responsibility regarding your current or future conditions for which you need to follow a professional care.*

*If you are not clear you can pursue a goal/ activity, especially if you have a chronic condition, consult at first with your healthcare provider, before starting to work on a wellness goal.*

*This journal begins with the month of August 2018 and goes until August 2019.*

*This wellness journal comes with the goal to inspire you to become actively involved with your wellness.*

*Wellness is: Spiritual, Emotional, Social , Physical,*

*Financial, Intelectual, Occupational, Environmental*

*Start thinking about your wellbeing interests.*

*Focus on what really represents your Inner Self and drives your most Inner Aspirations and Passions.*

*Write your wellness goals for each month and/or week. I would choose one or two interests.*

*Under each goal, you specify the practical steps you envision for achieving them.*

*Be creative , use all resources you know , be thorough, have commitment on your way !*

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Along each step, please declare what days of the week/how long time you will commit for them.

Example: Month of May This month I will focus on…..working on the Wellness Journal -until it gets done- each day for 2 hours at least

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| August  Week 1-8  Empower yourself!- Discover what makes you meaningful and happy!   * Reflect and write about the things that make you deeply happy. * Empower yourself and follow your dreams! Empower others ! * Imagine, reflect and write about an idea / a project that if you would manifest it in the community, it would better the world and the people in it   It can be about a place in your area, as well as somewhere far.    I feel meaningful when I work for my wellness and public health initiatives for community medical clinics, public universities and schools    I would like to publish this workbook to motivate other people in my own country and in the world to adopt happier and healthier habits  I dream of having my wellness course for college students implemented. |

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| August  Week 9-16  Practice Gratitude  Write in your gratitude journal the new positive things that you are grateful for  If you like it you can continue it as a regular practice, when you wake up or go to bed    I enjoyed a wonderful day and walk in the forest with V  And had good food and a delicious strawberry smoothie  I Cooked myself a delicious meal  Listened to an insightful inspirational talk by a pastor on the radio  Listened to my audiobook by Jack Canfield The Success Principles that I found inspiring  I am grateful for my romanian coach who offers me his unconditional help  Had a positive talk with J from E W agreeing to send him my information  August  Week 17-24  Caring and Compassion Practice  Caring and compassion are virtues worthwhile to cultivate- they help us make leaps of progress.   * Cultivate Compassion and Caring * Listen to a compassion--love-kindness meditation * Read compassion quotes and books * Write compassionate thoughts, * Write a compassionate letter to yourself , if you go through a time of need * Write a compassionate letter to someone in a time of challenge   My compassion practice  Since 20 years ago or more I started my spiritual practice- it is kind of compassion for others - I control my thoughts and block all negative thoughts might rise against others- I need to practice more positive thoughts for me and block the self judging or self criticizing thoughts  I meditate sometime on my own Compassion Meditation  Compassion Quote: “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” [Dalai Lama XIV](https://www.goodreads.com/author/show/570218.Dalai_Lama_XIV), [The Art of Happiness](https://www.goodreads.com/work/quotes/1651617)  I enjoy listening to Barbara Fredrickson audiobooks and loving-kindness meditations she shares there  Compassionate Thought: I have to be understanding with my cohabitants, they have different levels of education, resources and help our community the best they can  Compassionate Thought to myself: I need to be kind, compassionate and understanding of my own current life and am grateful for the good things I have achieved with my given circumstances  Compassionate Thought to someone: I feel for you and imagine how much pain you have gone through, but time will heal your wound and help you move forward with God’s blessing.    August  Week 25-31  Encourage and Celebrate others  Encouraging each other is very important for our growth!  It is kind to engage in intentionally praising others each time for their good thoughts and actions and be compassionate for others small mistakes.   * Meditate about people who inspire , help and support you !   (read or listen to their books, biographies that encourage you on your journey)   * Take notes about their core beliefs, places they visit , their resources * Read love cards and birthday cards and maybe write ones !   Celebrating others  Since I was tutoring my students I have been practicing praising others for their motivations, skills, talents and aspirations and encourage them on their path    I praised my coach today- I am happy that I always thank other people for their efforts towards me or others  I admire Brendon Burchard - he is a genuine motivational speaker and author-  One of his core beliefs is  September  Week 1-8   * Create a stable week journal where you write your best practices for specific each day   My positive routines    I meditate and practice gratitude almost daily.  I enjoy listening to music when I wake up, walk in nature and take a shower or bath.  I listen to motivational audiobooks almost daily or to the Vishen Lakiani 6 Phase Meditation.  I go to yoga class on Thursdays and then to French Cafe where I meet with a friend.  I go hiking on Saturdays.  I enjoy a walk in a park almost each day. |

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| September  Week 9-16      The meditation practice  Meditation, and inner reflection help you deepen your insight, self control ,creativity.  Prayer is a way that brings healing, peace and hope.   * Sit and meditate if that is bringing you joy, creativity * Write what you got from it     The prayer practice  Go to a church from time to time  Celebrate personalities who inspire you  My meditation practice  I make myself to meditate daily - I can set up a 5 min to 30 min meditation time. Listening to a guided meditation before makes me more tranquil to meditate on my own. Every time, each day, after meditating, I get new and creative ideas about important topics in my life.Meditation significantly benefits by far comparing with other practices emotional self control and balance.  I enjoy Church fellowships as well, appreciate that they are caring and compassionate and feel like family. I enjoy when I ask them to pray for me . Praying to God and Saints also helps.      September  Week 17-24    Well-being at work   * Reflect​ ​and​ ​write​ ​about​ ​ways​ ​you​ ​could​ ​improve​ ​your​ ​well-being​ ​at​ ​work * Create and write about ​ ​new​ ​ways​ ​that​ ​you can maximize ​your ​work,​ that ​represent​ ​you​ ​​​and​ ​ ​benefit​ ​​ ​the process * Use your boss collaboration   My well-being initiatives for work   * I Decorate​ ​my ​corner​ ​in​ a ​mindful​ ​way, to remind me of happy moments * I Bring ​ ​a​ ​healthy​ ​lunch​ ​and​ ​healthy​ ​snacks and share them with others or go to a healthy cafeteria * I make efforts in having intentional ​ ​​quality​ ​conversations​ ​with​ ​my colleagues​ , visitors ​and​ ​clients * I go up and down the stairs to refresh my brain on a short break or go for a walk with a friend at lunch time * I Meditate in the morning before work and at lunch time for a few * I Take​ ​the​ ​stairs​ ​instead​ ​of​ ​the​ ​elevator * I take​ ​care​ ​of​ ​​ ​good​ ​desk​ ​ergonomics. * I stretch​ ​my ​​ ​body​ ​from time to time and leave my desk regularly * I enjoy saying jokes to amuse my coworkers   September  Week 24- 31  Get protected at work   * Reflect how much physically and emotionally you are getting affected at work and if you can deal with it in an effective way * Assess your free time and vacation time for your best well-being * Assess your stress level , emotional burnout and schedule * Assess things you need to reconsider for your well-being * Assess work- relaxation-fun balance * Assess other possible opportunities within that company   When I was working for a company  I prefered flexible assignments where I can take flexibly time off  I used my vacation time for relaxation with active activities and travel.    October  Week 1-8  Getting protected from hazards at work   * Reflect and write on which hazards you need to protect against better * Be aware when working in infectious environments keep protected yourself with equipment and adequate immunizations and natural immunity boosts * Protect​ ​yourself​ ​​ ​with​ ​a​ ​safety​ ​belt​ ​and​ a ​helmet,when​ ​working​ ​​ ​at​ ​altitude​ * ​Protect​ ​yourself​ ​by wearing​ ​professional​ ​earphones when​ ​working​ ​with​ ​equipments​ ​that​ ​make​ ​high​ ​levels​ ​​ ​of​ ​noise * ​Wear​ ​a​ ​professional​ ​mask when​ ​working​ ​with​ ​dust​ ​or​ ​fine​ ​particles * Protect​ ​yourself​ ​against​ ​lifting​ ​heavy​ ​weights,​ ​bending,​ ​reaching​ ​overhead, pushing​ ​and​ ​pulling​ ​heavy​ ​loads,​ ​working​ ​in​ ​awkward​ ​body​ ​postures​ ​and performing​ ​the​ ​same​ ​or​ ​similar​ ​tasks​ ​repetitively​ ​for​ ​long​ ​periods​ ​of​ ​time * Use lifting or other mechanic heavy tasks equipments   When I was working bedside nursing  I was vaccinating myself against infectious diseases  I was cautious and warned my assistants to be cautious as well to not lift heavy weights or patients ; I was avoiding to make abnormal or too contorsive movements or too frequent movements that put pressure on my body  October  Week 9-16  Be physically active  ​  ​Move​ ​at​ ​your​ ​comfort​ ​pace​ ​!​ ​Movement​ ​is​ ​good​ ​for​ ​your​ ​lungs, circulation, heart and all organs ​Be​ ​active​ ​and​ ​mobile​ ​as​ ​you​ ​age!  ● Start​ ​using​ ​a​ ​fitness​ ​app​ ​or​ ​watch​ ​to​ ​motivate​ ​you​ ​!  ● Experience​ ​spending​ ​time​ ​outdoors​ ​with​ ​a​ ​friend,​ ​family​ ​or​ ​a​ ​group !​ ​Nature​ ​is​ ​an abundant​ ​resource,​ ​healthful​ ​for​ ​the​ ​soul,​ ​mind​ ​​ ​and​ ​body!  ● Start​ ​stretching​ ​and​ ​balance​ ​exercises​ ​weekly​ ​to​ ​enforce​ ​your​ ​flexibility,​ ​balance!  ● Lifting​ ​low​ ​weights​ ​and​ ​activities​ ​with​ ​physical​ ​​ ​impact​ ​​ ​such​ ​as​ ​walking,​ ​jogging, hiking,​ ​​ ​volleyball​ ​are​ ​good​ ​for​ ​your​ ​bones   * Use the help of a ​ ​wellness,​ ​health​ ​coach​ ​or​ ​fitness​ ​trainer​ to assist you stay on track !   Reflect​ ​and​ ​write​ ​about​ ​the​ ​ways​ ​to​ ​bring​ ​​ ​new​ ​physical​ ​activities​ ​in​ ​your​ ​life  For my physical wellness  I regularly take a walk every day  I go for a yoga class once a week at least and sometimes I practice it at home  I do short stretching and fitness exercises at home at noon time  I hike regularly on the weekends  October  Week​ ​24-​ ​31  Celebrate your loved one  ●​ ​​ Plan a relaxing getaway together   * Compose a love card for his birthday * Imagine how to ​surprise him with a ​romantic​ ​surprise​ today,​ ​this​ ​week,​ ​this​ ​month * Arrange musical tunes you both would enjoy   Reflect at ways you would bring more quality time into your relationship  I enjoy going outdoors and almost each week we go for walk in the forest or a hike in the mountains  We celebrate important events at a nice restaurant    November  Week 1-8  Live mindfully that means look to spend each moment with pleasure of your all senses  ● Write about what relaxing events you enjoy doing and you wish to immerse in the following weeks  ● Watch the beautiful mountains, a flock of birds flying, the sun setting, a train passing,  ● listen to the rain falling    My mindfulness practice  I love spending time in nature and going out on sunny days,  I enjoy working from home and dedicating myself to activities I find meaningful spiritually and to those to which I have inborn passion  I like spending time with my creative work- that can be writing or illustrating and I have the belief that with them I will be of help to my future readers  I like to watch educational documentaries from which I have what to learn , that are positive and compassionate towards others  I like to know more about the spiritualities of different cultures and spending time in a church, listening to audio-sermon, feels like meaningful to me  I like to join charities that I feel like I use my potential and acquired knowledge at my best   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | September  Week 9-16      The meditation practice    Meditation, and inner reflection help you deepen your insight, self control ,creativity.  Prayer is a way that brings healing, peace and hope.    ● Sit and meditate if that is bringing you joy, creativity  ● Write what you got from it      The prayer practice    Go to a church from time to time  Celebrate other people who inspire you                                                        September  Week 17-24    Well-being at work  ● Reflect​ ​and​ ​write​ ​about​ ​ways​ ​you​ ​could​ ​improve​ ​your​ ​well-being​ ​at​ ​work  ● Create and write about ​ ​new​ ​ways​ ​that​ ​you can maximize ​your ​work,​ that ​represent​ ​you​ ​​​and​ ​ ​benefit​ ​​ ​the process- use your boss collaboration  ●Decorate​ ​your​ ​corner​ ​in​ ​mindful​ ​way, to remind you of happy moments  ●Get​ ​a​ ​healthy​ ​lunch​ ​and​ ​healthy​ ​snacks  ●Have​ ​​quality​ ​conversations​ ​with​ ​colleagues​ , visitors ​and​ ​clients                                      ●Take​ ​care​ ​of​ ​​ ​good​ ​desk​ ​ergonomics.  ●Stretch​ ​your​ ​​ ​body​ ​from time to time  ●Be​ ​physically​ ​active​ ​during​ ​work​ ​time-​ ​take​ ​the​ ​stairs​ ​instead​ ​of​ ​the​ ​elevator,​ ​go for​ ​a​ ​walk/​ ​run/swim/play​ ​during​ ​the​ ​lunch​ ​break​ ​with​ ​colleagues​ ​or​ ​by​ ​yourself  ●Meditate​ ​on​ ​lunch​ ​breaks                                                September  Week 24- 31  Getting protected at work  ● Reflect how much physically and emotionally you are getting affected at work and if you can deal with it in an effective way    ● Assess your free time and vacation time for your best well-being  ● Assess your stress level , emotional burnout and schedule  ● Assess things you need to reconsider for improvement in your well-being  ● Assess work- relaxation-fun balance and address your hours  ● Assess other possible opportunities within that company                                        October  Week 1-8  Getting protected from hazards at work  ● Reflect and write on which hazards you need to protect against better  ● Be aware when working in infectious environments keep protected yourself with equipment and adequate immunizations and natural immune boosts  ● Protect​ ​yourself​ ​​ ​with​ ​a​ ​safety​ ​belt​ ​and​ a ​helmet, when​ ​working​ ​​ ​at​ ​altitude​  ● ​Protect​ ​yourself​ ​by wearing​ ​professional​ ​earphones when​ ​working​ ​with​ ​equipments​ ​that​ ​make​ ​high​ ​levels​ ​​ ​of​ ​noise  ● ​Wear​ ​a​ ​professional​ ​mask when​ ​working​ ​with​ ​dust​ ​or​ ​fine​ ​particles  ● Protect​ ​yourself​ ​against​ ​lifting​ ​heavy​ ​weights,​ ​bending,​ ​reaching​ ​overhead, pushing​ ​and​ ​pulling​ ​heavy​ ​loads,​ ​working​ ​in​ ​awkward​ ​body​ ​postures​ ​and performing​ ​the​ ​same​ ​or​ ​similar​ ​tasks​ ​repetitively​ ​for​ ​long​ ​periods​ ​of​ ​time  ● Use lifting or other mechanic heavy tasks equipments                                October  Week 9-16  Be​ ​physically​ ​active  ​Move​ ​at​ ​your​ ​comfort​ ​pace​ ​!​ ​Movement​ ​is​ ​good​ ​for​ ​your​ ​lungs, circulation, heart and all organs ​Be​ ​active​ ​and​ ​mobile​ ​as​ ​you​ ​age!  ●Start​ ​using​ ​a​ ​fitness​ ​app​ ​or​ ​watch​ ​to​ ​motivate​ ​you​ ​!  ●Experience​ ​spending​ ​time​ ​outdoors​ ​with​ ​a​ ​friend,​ ​family​ ​or​ ​a​ ​group!​ ​Nature​ ​is​ ​an abundant​ ​resource,​ ​healthful​ ​for​ ​the​ ​soul,​ ​mind​ ​​ ​and​ ​body!  ●Start​ ​stretching​ ​and​ ​balance​ ​exercises​ ​weekly​ ​to​ ​enforce​ ​your​ ​flexibility,​ ​balance!  ●Lifting​ ​low​ ​weights​ ​and​ ​activities​ ​with​ ​physical​ ​​ ​impact​ ​​ ​such​ ​as​ ​walking,​ ​jogging, hiking,​ ​​ ​volleyball​ ​are​ ​good​ ​for​ ​the​ ​bones  ● Use the help of a ​ ​wellness,​ ​health​ ​coach​ ​or​ ​fitness​ ​trainer​ !    Reflect​ ​and​ ​write​ ​about​ ​the​ ​ways​ ​to​ ​bring​ ​​ ​new​ ​physical​ ​activities​ ​in​ ​your​ ​life                           |  |  |  | | --- | --- | --- | | ​ ​​  October  Week 17-24  ​ ​Eat​ ​Healthy  Healthy​ ​eating​ ​starts​ ​with​ ​purchasing​ ​of​ ​fresh​ ​foods​ ​and​ ​cooking​ ​them healthily.  The​ ​list​ ​​ ​‘Clean​ ​15’​ ​(​ ​with​ ​lower​ ​levels​ ​of​ ​pesticides)​ ​includes​ ​the​ ​onions,avocados,​ ​sweet​ ​corn,​ ​pineapples,​ ​mangoes,​ ​sweet​ ​peas,​ ​asparagus,​ ​kiwi​ ​fruit, cabbage,​ ​eggplant,​ ​cantaloupe,​ ​watermelon,​ ​grapefruit,​ ​sweet ​potatoes,​ ​and​ ​sweet onions.  ● ​Natural​ ​foods​ ​are​ ​: vegetables,​ ​fruits,​ ​seeds,​ ​nuts,​ ​lentils,​ ​beans,  ●Consume​ ​​ ​less​ ​packaged,​ ​and​ ​less​ ​processed​ ​foods!​ ​  ● Make ​ ​healthy snacks​ ​- dry​ ​fruits,​ ​seeds​ ​and​ ​nuts​ ​are​ ​very​ ​good​ ​options.  ●Cook​ ​your​ meals​ ​in​ ​simple,​ ​healthy​ ​and​ ​creative​ ​ways!  Food​ ​making​ ​and meals time together with loved ones can​ ​become​ ​an​ ​activity​ ​that​ ​offers​ ​comfort​ ​and​ ​pleasure.  ●Be​ ​modest​ ​with​ ​the​ ​amounts​ ​of​ ​salt​ ​and​ ​oil​ ​you​ ​use​ ​in​ ​your​ ​dishes,​ ​drizzling​ ​it ​to​ ​be​ ​the​ ​rule​ ​of​ ​thumb.  ●Decrease​ ​amount​ ​of​ ​animal​ ​fats​ ​and​ ​consumption​ ​of​ ​fatty​ ​meat , being at the same time mindful about respecting the life of other live creatures on this Earth    Reflect​ ​and​ ​write​ ​about​ ​options​ ​that​ ​you​ ​will​ ​implement​ ​to​ ​make​ ​your​ ​eating​ ​habit healthier              October  Week​ ​24-​ ​31  Celebrate your loved one    ●​ ​​ Imagine and write about a relaxing getaway together  ● Compose a love card for his birthday  ● Imagine how to ​surprise your​ be​loved​ ​​with​ ​a​ ​romantic​ ​surprise​ today,​ ​this​ ​week,​ ​this​ ​month  ● Learn a new trick to bring fun  ● Imagine what musical tunes your partner would enjoy                                          November  Week 1-8  Live mindfully  ● Write about what relaxing events you enjoy doing and you wish to immerse in the following weeks  ● Watch the beautiful mountains, a flock of birds flying, the sun setting, a train passing,  ● listen to the rain falling,  ● practice the art of choice  ● Garden                   |  | | --- | | November  Week 9-16    Water therapy  ​ ●​ ​Imagine​ ​​ ​a​ ​way​ of using water​ ​therapy​ ​in​ ​your​ ​routine  ●Take​ ​a​ ​bath​ ​while​ ​listening​ ​to​ ​your​ ​relaxing​ ​music​ ​and​ ​using​ ​your​ ​favorite​ ​body wash  ●Add​ ​natural​ ​powders​ ​to​ ​your​ ​bath  Massage has been shown to improve many dimensions of well-being such as  emotions, immunity.    ● Learn a massage skill  ● Swim when the possibility in a clean water environment                                November  Week 17-24  Get the needed sleep  Sleep is nourishing for emotional wellbeing, brain and memory, immunity, recovery processes. Sleep and naps are helpful in any kind of stressful impairment.  ● Take relaxation breaks for a fresh start.  ● Sleep around 7 hours  ● Reflect what you could add to your sleep routine to make it better:  ● Reduce sounds,  ● Keeping a relaxing ritual 2 hours before (with no stressful inputs like e-mails, news , difficult conversations ),  ● Decrease noise and lights before and during the sleep,  ● Keep a comfortable temperature, a clutter free and pleasantly decorated bedroom  ● Take a warm bath or shower,  ● Compose your relaxing journal or reading,  ● Spend romantic time with your loved one,  ● Listen to your relaxing music / nature sounds, of your choice                              November  Week 24-31  Art Therapy  ● Decorate a corner of your house or garden with inspiring pieces of art  ● Purchase an object of art  ● Visit an art museum  ● Paint a rock to decorate the yard or to offer to someone  ● Dance regularly in your home or elsewhere  ● Journal ,at bedtime creative ideas    Painting, writing, poetry, music and dance are beneficial for emotional, and  physical well-being.                                                            December  Week 1-9  Care for animals  Pets are a resource for emotional well-being, they can be healing for you as you can be healing for them.  This week give extra care to your pet or to a pet in need - do what it takes to give comfort to your beloved pet or visit a shelter in your area and see how you can be useful there, maybe engage in volunteering such as feeding a pet, walking a pet, fostering, adopting a pet or sponsoring the animal shelter with money or food.  Write the name of a shelter or organization you would like to support                                        December  Week 9-16  Sound and Music Healing  Music and sounds are soothing.  The sound of a fountain, birds singing ,a waterfall, all are delightful.    ● Reflect about the music, instruments, nature sounds you enjoy  ● Include in your routine the music you like, to get you happy and energized  ● Explore musical events that you are interested in and sign  up for an event with your loved one  ● Listen to exotic tunes  ● Listen to classical music or/ and music that inspires you                                  December  week 17-24  Serve a mission or a community purpose  Reflect​ ​about​ ​a​ ​​ ​cause​ ​you​ ​like​ ​to​ ​involve​ ​in-  by​ ​volunteering​ ​or​ ​working​ ​​​ ​in​ ​different​ ​places​ ​of​ ​the​ ​world,  you​ ​grow​ ​into​ ​a​ ​better​ ​person​ ​and​ ​get​ ​a​ ​wider​ ​perspective​ ​about​ ​the​ ​whole​ ​planet​ ​and​ ​its priorities.​  ​You​ ​also​ ​experience​ ​new​ ​ways​ ​of​ ​well-being​ ​and​ ​healthy​ ​environments​ ​.  ● Create​ ​an​ ​initiative​ ​​ ​or​ ​involve​ ​in​ ​existent​ ​community​ ​projects  ● Help​ ​with​ ​money​ ​a​ ​cause​ ​or​ ​an​ ​organization​ ​or​ ​get​ ​involved​ ​in​ ​collecting​ ​money​ ​for​ ​them-  ● write​ ​the​ ​names​ ​of​ ​one​ ​or​ ​few​ ​organizations​ ​you​ ​would​ ​like​ ​to​ ​get​ ​involved​ ​with  ● Write​ ​the​ ​names​ ​of​ ​few​ ​charity​ ​projects​ ​that​ ​you​ ​are​ ​interested​ ​in,​ ​their​ ​schedules​ ​and the​ ​times​ ​when​ ​you​ ​will​  December  Week 25- 31  Celebrate your friends  ●Commit​ ​time​ ​to​ ​groups and friends ​that​ ​matter​ ​to​ ​you​ ​  ● Celebrate and honour​ ​them​ ​ ​regularly​  ● Write​ on topics you want to work on for them  ● Invest creatively and think about interesting getaways with them                                        January  Week 1-8 |                                                                |  | | --- | | ​ ​​ ​​ | |                                      |  | | --- | |  |      |  | | --- | | ​ ​​ ​ |                            |  | | --- | | ​ ​​ ​ |          |  | | --- | | ​ ​February  ​ ​Week​ ​​ ​1-​ ​8    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​Train​ ​your​ ​bright​ ​mind |     July  Week 25-31    Travel Education    Travel to different parts of the world connects you with life patterns and positive beliefs of others, while you have the opportunity to share your good values.  ● Schedule at least every 3 months a getaway, national and/or international with interesting work( that otherwise you could not do) or for fun - write some ideas  ● Plan an ecological touristic getaway-write the names of a few  ● Take a business tour where you can experiment new business opportunities that otherwise in your area you do not access  ● Go on a cultural tour- explore a few and list their names  ● Take a spiritual tour- explore and take notes here about them  ● Simply meet and chat with people of other cultural background in your own town- write the places and events where you could meet some                                      June  Week 1- 8    Intercultural Connection      ● Expose yourself to intercultural- inter-faiths events and activities    Interconnecting with people of different faiths, beliefs and cultural origins gives you a better understanding of the reality. Learning about others’ life journeys is valuable for a successful life    ● Write about what new places you would visit and projects you are interested in                                                                                                                                                                    Healing Therapies    ● Explore and write down some interesting local healing therapies  ● Learn about herbals from different areas, and their medicinal uses-write events or workshops where you can learn more about them  ● Explore and experience different healing beliefs and therapies all over the world  ● Discover homeopathy uses for common ailments and chronic conditions.    Homeopathy is the fine esoteric science of healing based on the principle ” likes cure likes” with infinitesimal dilutions and potions. It is used all over the world with incredible results for  ● attend a free workshop    Week 1-8  Massage  Massage​ ​has​ ​been​ ​shown​ ​to​ ​improve​ ​many​ ​dimensions​ ​of​ ​well-being​ ​such​ ​as​ ​emotions, immunity.  ●Explore​ ​a​ ​massage​ ​technique​ ​that​ ​you​ ​want​ ​to​ ​use​ ​on​ ​your loved​ ​one  ●Join​ ​a​ ​massage​ ​workshop​ ​or​ ​purchase​ ​an​ ​online​ ​course about massage  ●Write​ ​about​ ​how you would prepare your​ ​space​ ​ ​for​ ​a​ ​massage​ ​night  ●What​ ​fragrances​ ​and​ ​oils​ ​you​ ​would​ ​use​ ​and​ ​romantic​ ​accessories,​ ​music  ●How​ ​you​ ​would​ ​dress​ ​up​ ​and​ ​arrange​ ​your​ ​hair  Week  Aromatherapy and Body Care  ●Experiment​ ​with​ ​natural​ ​fragrances​ ​and​ ​oils  ● Discover what​ ​organic​ ​cosmetics,​ ​soaps​ ​and​ ​detergents,​ ​low​ ​in​ ​toxins you can use  ●​What kind of clothes you may wear to protect​ you ​against​ ​sun​ ​radiation,​ ​  ●Reflect​ ​and take some notes about​ ​the care ​you need to ​relax​ ​and​ ​nourish​ ​your​ ​body                                      October  Week 17- 24  Sound and Music Healing  Music and sounds are soothing.The sound of a fountain, waterfall, leaves that rub each other at the blowing of the wind, all are delightful.    ● Reflect about the music, instruments, nature sounds  ● Create a list with songs, singers and bands  ● Include the music you like in your routine to get you inspired, happy and energized  ● Choose and sign up for a local musical event that you like to attend with your loved one  ● Listen to tunes from exotic places                                    October  Week 25-31  Water Therapy  Thermal Springs Therapy is used frequently in many places of the world for multiple medical purposes.  ● Learn how you can improve your cleansing routine for more relaxed and happy moments  ● What ingredients you should use  ● What music you could listen to                                        November  Week 1-8  Experience​ ​​ ​gardening    Gardening​ ​is​ ​a​ ​way​ ​to​ ​feel​ ​better​ ​with​ ​one’s​ ​emotions.​ ​Gardening​ ​plants,​ ​flowers,​ ​bushes  and​ ​trees,​ ​outdoor​ ​or​ ​indoor​ ​is​ ​therapeutic.    ​ ​Start​ ​gardening​ ​some​ ​herbs,​ ​flowers​ ​or​ ​medicinal​ ​plants​ ​in​ ​your​ ​backyard,​ ​kitchen​ ​or  patio.    Join​ ​a​ ​community​ ​garden,​ ​a​ ​family-​ ​friend’s​ ​garden​ ​or​ ​an​ ​organic​ ​farm​ ​to​ ​experience gardening​ ​and​ ​​ ​see​ ​which​ ​you​ ​like​ ​doing​ ​​ ​the​ ​most:​ ​picking​ ​the​ ​fruits​ ​-veggies​ ​from​ ​the soil,​ ​planting​ ​the​ ​seeds,​ ​building​ ​up​ ​the​ ​flower​ ​/​ ​vegetable​ ​beds,​ ​or​ ​just​ ​watching​ ​them  doing​ ​it​ ​and​ ​enjoying​ ​the​ ​company.  ● Learn​ ​about​ ​ecological​ ​farming  ● List some ecological farms you would like to visit for a day or a weekend                                          November  Week 9-16  Art Therapy    ● Join a painting- writing-poetry group  ● Visit an art museum or purchase an art object  ● Decorate a corner of your house or garden with inspiring pieces of art  ● Paint a rock to decorate the yard or a canvas to offer to someone  ● Start a music -dance hobby  ● Start journaling creative ideas    Painting, writing, poetry, music and dance are beneficial for emotional, and physical well-being.                                                                            November  Week 25- 31                                                    December  Week 1-8                                                    December  Week 9-16                                                      December  Week 17-24                                                    December  Week 25-31                                                    January  Week 1-8                                                    January  Week 9-16                                                  January  Week 17-24                                        16   |  | | --- | | soil,​ ​planting​ ​the​ ​seeds,​ ​building​ ​up​ ​the​ ​flower​ ​/​ ​vegetable​ ​beds,​ ​or​ ​just​ ​watching​ ​them  doing​ ​it​ ​and​ ​enjoying​ ​the​ ​company.  ●Learn​ ​about​ ​ecological​ ​farming                                                                  December  week​ ​1-8 |       17   |  | | --- | | -Get​ ​the​ ​needed​ ​sleep    Sleep​ ​is​ ​good​ ​for​ ​your​ ​brain,​ ​immunity,​ ​emotional​ ​wellness,​ ​memory​ ​and​ ​recovery  processes.​ ​Relaxation​ ​breaks​ ​are​ ​healthful​ ​before​ ​a​ ​fresh​ ​start​ ​.  Sleep​ ​and​ ​naps​ ​are​ ​helpful​ ​in​ ​any​ ​kind​ ​of​ ​stressful​ ​impairment.​ ​Amount​ ​of​ ​sleep​ ​for​ ​an  adult​ ​should​ ​be​ ​around​ ​7​ ​hours.​ ​Getting​ ​too​ ​much​ ​sleep​ ​can​ ​be​ ​unhealthful.    Reflect​ ​and​ ​write​ ​on​ ​how​ ​to​ ​get​ ​a​ ​more​ ​balanced​ ​and​ ​restful​ ​your​ ​sleep |       18   |  | | --- | | December  ​ ​week​ ​9-16    ●Care​ ​for​ ​animals    Pets​ ​are​ ​a​ ​good​ ​resource​ ​for​ ​emotional​ ​well-being.​ ​They​ ​can​ ​be​ ​healing​ ​for​ ​you​ ​​ ​as​ ​well  as​ ​you​ ​can​ ​be​ ​healing​ ​for​ ​them.    This​ ​week​ ​give​ ​extra​ ​care​ ​to​ ​your​ ​pet-​ ​or​ ​to​ ​a​ ​pet​ ​in​ ​need-​ ​do​ ​what​ ​it​ ​takes​ ​to​ ​give  comfort​ ​to​ ​your​ ​beloved​ ​pet​ ​or​ ​visit​ ​a​ ​shelter​ ​in​ ​your​ ​area​ ​and​ ​see​ ​how​ ​you​ ​can​ ​be​ ​useful  there,​ ​maybe​ ​engage​ ​in​ ​volunteering​ ​​ ​such​ ​as​ ​feeding,​ ​walking​ ​a​ ​pet​ ​,​ ​fostering​ ​,​ ​adopting  or​ ​sponsoring​ ​the​ ​animal​ ​shelter |       19   |  | | --- | | Wellness​ ​and​ ​social​ ​well-being    December  Week​ ​17-24    ●Commit​ ​time​ ​to​ ​friends,​ ​groups,​ ​missions​ ​and​ ​organizations​ ​that​ ​matter​ ​to​ ​you​ ​,  honour​ ​them​ ​on​ ​a​ ​regular​ ​basis  ●write​ ​how​ ​you​ ​want​ ​to​ ​spend​ ​time​ ​with​ ​them  ●Invest​ ​creatively​ ​in​ ​your​ ​close​ ​relationships​ ​and​ ​initiate​ ​interesting​ ​getaways​ ​with  them  ●Reflect​ ​on​ ​some​ ​getaways​ ​with​ ​your​ ​loved​ ​ones |       20   |  | | --- | | December  ​ ​​ ​​ ​Week​ ​25-31  ●Reflect​ ​about​ ​a​ ​​ ​cause​ ​you​ ​like​ ​to​ ​involve​ ​in    By​ ​volunteering​ ​or​ ​working​ ​in​ ​the​ ​field​ ​of​ ​your​ ​interest​ ​​ ​in​ ​different​ ​places​ ​of​ ​the​ ​world,  you​ ​grow​ ​into​ ​a​ ​better​ ​person​ ​and​ ​get​ ​a​ ​wider​ ​perspective​ ​about​ ​the​ ​whole​ ​planet​ ​and​ ​its  priorities.​ ​You​ ​also​ ​experience​ ​new​ ​ways​ ​of​ ​well-being​ ​and​ ​healthy​ ​environments​ ​.    Create​ ​an​ ​initiative​ ​​ ​or​ ​involve​ ​in​ ​existent​ ​community​ ​projects    Help​ ​with​ ​money​ ​a​ ​cause​ ​or​ ​an​ ​organization​ ​or​ ​get​ ​involved​ ​in​ ​collecting​ ​money​ ​for​ ​them-  write​ ​the​ ​names​ ​of​ ​one​ ​or​ ​few​ ​organizations​ ​you​ ​would​ ​like​ ​to​ ​get​ ​involved​ ​with    Write​ ​the​ ​names​ ​of​ ​some​ ​charity​ ​projects​ ​that​ ​you​ ​are​ ​interested​ ​in,​ ​their​ ​schedules​ ​and  the​ ​times​ ​when​ ​you​ ​will​ ​commit |       21   |  | | --- | | ●Practice​ ​compassion​ ​-​ ​Compassion​ ​builds​ ​the​ ​base​ ​for​ ​meaningful​ ​relationships  ●Reflect​ ​on​ ​the​ ​compassion​ ​your​ ​relationships​ ​need  ●Experience​ ​​ ​living​ ​arrangements​ ​with​ ​other​ ​peers​ ​that​ ​have​ ​similar​ ​philosophy​ ​or  occupations  ●Plan​ ​,​ ​if​ ​necessary,​ ​​ ​a​ ​new​ ​living​ ​arrangement​ ​that​ ​would​ ​include​ ​your​ ​loved​ ​ones  and​ ​people​ ​you​ ​connect​ ​with  ●Write​ ​your​ ​plan                                                                                      Wellness​ ​and​ ​physical​ ​well-being      January |       22   |  | | --- | | Week​ ​1-8    ●Be​ ​physically​ ​active    Breathe​ ​and​ ​Move​ ​Often!​ ​​ ​Move​ ​at​ ​your​ ​comfort​ ​pace​ ​!​ ​Movement​ ​is​ ​good​ ​for​ ​your​ ​lungs  and​ ​endurance​ ​Be​ ​active​ ​and​ ​mobile​ ​as​ ​you​ ​age!  ●Start​ ​using​ ​a​ ​fitness​ ​app​ ​or​ ​watch​ ​to​ ​motivate​ ​you​ ​!    ●Experience​ ​spending​ ​time​ ​outdoors​ ​with​ ​a​ ​friend,​ ​family​ ​or​ ​a​ ​group!​ ​Nature​ ​is​ ​an  abundant​ ​resource,​ ​healthful​ ​for​ ​the​ ​soul,​ ​mind​ ​​ ​and​ ​body!    ●Start​ ​stretch​ ​and​ ​balance​ ​exercises​ ​weekly​ ​to​ ​enforce​ ​your​ ​flexibility,​ ​balance!    ●Lifting​ ​low​ ​weights​ ​and​ ​activities​ ​with​ ​physical​ ​​ ​impact​ ​​ ​such​ ​as​ ​walking,​ ​jogging,  hiking,​ ​​ ​volleyball​ ​are​ ​good​ ​for​ ​the​ ​bones.    ●Reflect​ ​and​ ​write​ ​about​ ​the​ ​ways​ ​to​ ​bring​ ​​ ​new​ ​physical​ ​activities​ ​in​ ​your​ ​life    A​ ​wellness,​ ​health​ ​coach​ ​or​ ​fitness​ ​trainer​ ​are​ ​a​ ​great​ ​investment​ ​to​ ​make!                                    January  week​ ​9-16    Occupational​ ​wellness |       23   |  | | --- | | Reflect​ ​and​ ​Write​ ​about​ ​ways​ ​you​ ​could​ ​improve​ ​your​ ​well-being​ ​at​ ​work    ●Stretch​ ​your​ ​​ ​body​ ​and​ ​get​ ​up​ ​from​ ​your​ ​desk​ ​every​ ​50​ ​min  ●Take​ ​care​ ​of​ ​​ ​good​ ​desk​ ​ergonomics.  ●Decorate​ ​your​ ​corner​ ​in​ ​mindful​ ​way  ●Be​ ​physically​ ​active​ ​during​ ​work​ ​time-​ ​take​ ​the​ ​stairs​ ​instead​ ​of​ ​the​ ​elevator,​ ​go  for​ ​a​ ​walk/​ ​run/swim/play​ ​during​ ​the​ ​lunch​ ​break​ ​with​ ​colleagues​ ​or​ ​by​ ​yourself  ●Meditate​ ​on​ ​lunch​ ​breaks  ●Have​ ​meaningful,​ ​intentional​ ​,​ ​quality​ ​conversations​ ​with​ ​colleagues​ ​and​ ​clients  ●Create​ ​new​ ​ways​ ​that​ ​maximize​ ​your​ ​work,​ ​represent​ ​you​ ​​ ​and​ ​​ ​benefit​ ​​ ​the  process-​ ​bring​ ​new​ ​insights​ ​in​ ​a​ ​compasisionate​ ​way  ●Get​ ​a​ ​healthy​ ​lunch​ ​and​ ​healthy​ ​snacks  ●Protect​ ​yourself​ ​and​ ​your​ ​​ ​business​ ​from​ ​hazards:  -when​ ​working​ ​​ ​at​ ​altitude​ ​protect​ ​yourself​ ​​ ​with​ ​a​ ​safety​ ​belt​ ​and​ ​helmet  -when​ ​working​ ​with​ ​equipments​ ​that​ ​make​ ​high​ ​levels​ ​​ ​of​ ​noise,​ ​protect​ ​yourself​ ​by  wearing​ ​professional​ ​earphones  -when​ ​working​ ​with​ ​dust​ ​or​ ​fine​ ​particles,​ ​wear​ ​a​ ​professional​ ​mask  -protect​ ​yourself​ ​against​ ​lifting​ ​heavy​ ​weights,​ ​bending,​ ​reaching​ ​overhead,  pushing​ ​and​ ​pulling​ ​heavy​ ​loads,​ ​working​ ​in​ ​awkward​ ​body​ ​postures​ ​and  performing​ ​the​ ​same​ ​or​ ​similar​ ​tasks​ ​repetitively​ ​for​ ​long​ ​periods​ ​of​ ​time.  -  -                January  Week​ ​17-24  ●​ ​Eat​ ​Healthy  Healthy​ ​eating​ ​starts​ ​with​ ​healthy​ ​purchasing​ ​of​ ​fresh​ ​foods​ ​and​ ​healthily​ ​cooking​ ​them.  The​ ​list​ ​​ ​‘Clean​ ​15’​ ​(​ ​with​ ​lower​ ​levels​ ​of​ ​pesticides)​ ​veggies​ ​includes​ ​the​ ​onions, |       24   |  | | --- | | avocados,​ ​sweet​ ​corn,​ ​pineapples,​ ​mangoes,​ ​sweet​ ​peas,​ ​asparagus,​ ​kiwi​ ​fruit,  cabbage,​ ​eggplant,​ ​cantaloupe,​ ​watermelon,​ ​grapefruit,​ ​sweet​ ​potatoes,​ ​and​ ​sweet  onions.  ●Purchase​ ​more​ ​natural​ ​,​ ​fresh,​ ​​ ​local,organic​ ​foods​ ​!​ ​Natural​ ​foods​ ​are​ ​:  vegetables,​ ​fruits,​ ​seeds,​ ​nuts,​ ​lentils,​ ​beans,  ●Consume​ ​​ ​less​ ​packaged,​ ​and​ ​less​ ​processed​ ​foods!​ ​Take​ ​with​ ​you​ ​healthy  snacks​ ​.Dry​ ​fruits,​ ​seeds​ ​and​ ​nuts​ ​are​ ​very​ ​good​ ​options.  ●Cook​ ​your​ ​own​ ​foods​ ​in​ ​simple,​ ​healthy​ ​and​ ​creative​ ​ways!  Food​ ​making​ ​can​ ​become​ ​an​ ​activity​ ​that​ ​offers​ ​comfort​ ​and​ ​pleasure.    ●Be​ ​modest​ ​with​ ​the​ ​amounts​ ​of​ ​salt​ ​and​ ​oil​ ​you​ ​use​ ​in​ ​your​ ​dishes,​ ​drizzling​ ​or​ ​not  using​ ​it​ ​at​ ​all​ ​​ ​to​ ​be​ ​the​ ​rule​ ​of​ ​thumb.  ●Decrease​ ​amount​ ​of​ ​animal​ ​fats​ ​and​ ​consumption​ ​of​ ​fatty​ ​meat    Reflect​ ​and​ ​write​ ​about​ ​all​ ​the​ ​options​ ​that​ ​you​ ​will​ ​implement​ ​to​ ​make​ ​your​ ​eating​ ​pattern  healthier                            ​ ​​ ​January  Week​ ​24-​ ​31    ●​ ​​ ​Reflect​ ​and​ ​write​ ​about​ ​how​ ​to​ ​make​ ​your​ ​love​ ​life​ ​happier    ●Experiment​ ​a​ ​sensual​ ​skill​ ​to​ ​spice​ ​up​ ​your​ ​intimate​ ​relationship |       25   |  | | --- | | ●Imagine​ ​about​ ​a​ ​way​ ​to​ ​blow​ ​the​ ​mind​ ​with​ ​a​ ​romantic​ ​surprise​ ​of​ ​your​ ​loved​ ​one  today,​ ​this​ ​week,​ ​this​ ​month  ●What​ ​new​ ​tunes​ ​I​ ​can​ ​use​ ​for​ ​my​ ​romantic​ ​moments  ●Explore​ ​exotic​ ​ways​ ​to​ ​intimacy  ●What​ ​new​ ​romantic​ ​clothes​ ​and​ ​garments​ ​I​ ​could​ ​wear                                                                  ​ ​February  ​ ​Week​ ​​ ​1-​ ​8    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​Train​ ​your​ ​bright​ ​mind |       26   |  | | --- | | ●Learn​ ​a​ ​new​ ​organizational​ ​skill​ ​such​ ​as​ ​how​ ​to​ ​organize​ ​your​ ​g-mail,​ ​your​ ​laptop  files,​ ​new​ ​contacts​ ​you​ ​meet,​ ​info​ ​on​ ​the​ ​new​ ​lectures​ ​and​ ​events​ ​I​ ​want​ ​to​ ​attend  /attended,​ ​how​ ​to​ ​create​ ​a​ ​nice​ ​presentation/​ ​book​ ​graphic​ ​design  ●Add​ ​a​ ​new​ ​​ ​rule​ ​in​ ​your​ ​work​ ​routines​ ​that​ ​will​ ​make​ ​your​ ​social​ ​and​ ​creative​ ​work  more​ ​effective-​ ​imagine​ ​different​ ​ways-​ ​for​ ​example​ ​from​ ​now​ ​on​ ​,​ ​I​ ​will​ ​contact  within​ ​a​ ​week​ ​frame​ ​the​ ​new​ ​professional​ ​I​ ​have​ ​met  ●Experiment​ ​playing​ ​a​ ​game​ ​such​ ​as​ ​chess,​ ​​ ​math​ ​game                                                      Financial​ ​well-being  February  Week​ ​​ ​9-16  ●Study​ ​how​ ​to​ ​organize​ ​your​ ​budget  ●Reflect​ ​on​ ​how​ ​to​ ​reduce​ ​unuseful​ ​overall​ ​spendings |       27   |  | | --- | | Write​ ​your​ ​ideas                                                                          February  Week​ ​17-​ ​28    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​Decluttering​ ​-Decorating​ ​Therapy |       28   |  | | --- | | ●Start​ ​decluttering​ ​your​ ​space​ ​and​ ​make​ ​it​ ​more​ ​relaxing​ ​for​ ​​ ​the​ ​mind.  ●Find​ ​a​ ​quiet​ ​and​ ​hidden​ ​place​ ​and​ ​meditate  ●Use​ ​creative​ ​auxiliary​ ​furniture​ ​accessories​ ​​ ​to​ ​organize​ ​your​ ​things  ●Experiment​ ​with​ ​decorating​ ​your​ ​space​ ​with​ ​small​ ​things​ ​that​ ​bring​ ​you​ ​joy.  ●​ ​Purchase​ ​art​ ​objects​ ​from​ ​their​ ​owner​ ​or​ ​an​ ​antique​ ​shop;​ ​benefit​ ​from​ ​meeting  new​ ​people​ ​and​ ​connecting​ ​with​ ​them                                                              March  Week​ ​1-​ ​8    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​Aromatherapy​ ​and​ ​Body​ ​Care |       29   |  | | --- | | Aromatherapy and Body Care  ●Experiment​ ​with​ ​natural​ ​fragrances​ ​and​ ​oils  ●Use​ ​mostly​ ​organic​ ​cosmetics,​ ​soaps​ ​and​ ​detergents,​ ​low​ ​in​ ​toxins  ●​ ​Protect​ ​against​ ​sun​ ​radiation,​ ​by​ ​covering​ ​your​ ​skin​ ​with​ ​long​ ​dresses,​ ​long  sleeves​ ​shirts,​ ​​ ​big​ ​hats,​ ​long​ ​pants​ ​(all​ ​sun​ ​lotions​ ​do​ ​not​ ​protect​ ​as​ ​well​ ​as  staying​ ​under​ ​the​ ​shade)  ●Reflect​ ​about​ ​which​ ​​ ​body​ ​care​ ​relaxes​ ​and​ ​nourishes​ ​your​ ​skin                                                            March  Week​ ​​ ​9-16    Massage |       30   |  | | --- | | Massage​ ​has​ ​been​ ​shown​ ​to​ ​improve​ ​many​ ​dimensions​ ​of​ ​well-being​ ​such​ ​as​ ​emotions,  immunity.    ●Explore​ ​an​ ​exotic​ ​and​ ​attractive​ ​massage​ ​technique​ ​that​ ​you​ ​want​ ​to​ ​use​ ​on​ ​your  loved​ ​one  ●Join​ ​a​ ​massage​ ​workshop​ ​or​ ​purchase​ ​a​ ​​ ​DVD​ ​/​ ​an​ ​online​ ​course  ●Write​ ​about​ ​what​ ​space​ ​you​ ​would​ ​use​ ​for​ ​a​ ​massage​ ​night  ●What​ ​fragrances​ ​and​ ​oils​ ​you​ ​would​ ​use​ ​and​ ​other​ ​romantic​ ​accessories,​ ​music  background  ●How​ ​you​ ​would​ ​dress​ ​up​ ​and​ ​arrange​ ​your​ ​hair                                                March  Week​ ​17-​ ​​ ​24  Spa,​ ​Sauna,​ ​Water​ ​​ ​therapy |       31   |  | | --- | | ​ |                                                   February  Week​ ​17-28    ●Explore​ ​the​ ​local​ ​healing​ ​therapies      32  Learn​ ​about​ ​herbals​ ​from​ ​different​ ​areas,​ ​and​ ​their​ ​medicinal​ ​uses  ●Explore​ ​and​ ​experience​ ​different​ ​medicines​ ​and​ ​healing​ ​beliefs​ ​all​ ​over​ ​the​ ​world    ●Discover​ ​homeopathy​ ​uses​ ​​ ​for​ ​common​ ​ailments​ ​and​ ​chronic​ ​conditions​ ​.This​ ​is  the​ ​fine​ ​esoteric​ ​science​ ​of​ ​healing​ ​based​ ​on​ ​the​ ​​ ​principle​ ​”​ ​likes​ ​cure​ ​likes”​ ​with  infinitesimal​ ​dilutions​ ​and​ ​potions.​ ​It​ ​is​ ​used​ ​all​ ​over​ ​the​ ​world​ ​with​ ​incredible  results.        Wellness and Emotional Well-being    September  Week 25- 31    ● Practice mindfulness    We can immerse in watching the beautiful nature on a mountain hike, reflecting about a happy encounter or imagining a relaxing past or future event.    Watching a snow falling, a train passing, a flock of birds flying, the sun setting, listening to the rain, predispose you to a                                                                                                                  15                                                                                                                    December  week​ ​1-8        17  -Get​ ​the​ ​needed​ ​sleep    Sleep​ ​is​ ​good​ ​for​ ​your​ ​brain,​ ​immunity,​ ​emotional​ ​wellness,​ ​memory​ ​and​ ​recovery  processes.​ ​Relaxation​ ​breaks​ ​are​ ​healthful​ ​before​ ​a​ ​fresh​ ​start​ ​.  Sleep​ ​and​ ​naps​ ​are​ ​helpful​ ​in​ ​any​ ​kind​ ​of​ ​stressful​ ​impairment.​ ​Amount​ ​of​ ​sleep​ ​for​ ​an  adult​ ​should​ ​be​ ​around​ ​7​ ​hours.​ ​Getting​ ​too​ ​much​ ​sleep​ ​can​ ​be​ ​unhealthful.    Reflect​ ​and​ ​write​ ​on​ ​how​ ​to​ ​get​ ​a​ ​more​ ​balanced​ ​and​ ​restful​ ​your​ ​sleep                                                                  18                    December  ​ ​week​ ​9-16    ●Care​ ​for​ ​animals    Pets​ ​are​ ​a​ ​good​ ​resource​ ​for​ ​emotional​ ​well-being.​ ​They​ ​can​ ​be​ ​healing​ ​for​ ​you​ ​​ ​as​ ​well  as​ ​you​ ​can​ ​be​ ​healing​ ​for​ ​them.    This​ ​week​ ​give​ ​extra​ ​care​ ​to​ ​your​ ​pet-​ ​or​ ​to​ ​a​ ​pet​ ​in​ ​need-​ ​do​ ​what​ ​it​ ​takes​ ​to​ ​give  comfort​ ​to​ ​your​ ​beloved​ ​pet​ ​or​ ​visit​ ​a​ ​shelter​ ​in​ ​your​ ​area​ ​and​ ​see​ ​how​ ​you​ ​can​ ​be​ ​useful  there,​ ​maybe​ ​engage​ ​in​ ​volunteering​ ​​ ​such​ ​as​ ​feeding,​ ​walking​ ​a​ ​pet​ ​,​ ​fostering​ ​,​ ​adopting  or​ ​sponsoring​ ​the​ ​animal​ ​shelter                                            19                                      Wellness​ ​and​ ​social​ ​well-being    December  Week​ ​17-24    ●Commit​ ​time​ ​to​ ​friends,​ ​groups,​ ​missions​ ​and​ ​organizations​ ​that​ ​matter​ ​to​ ​you​ ​,  honour​ ​them​ ​on​ ​a​ ​regular​ ​basis  ●write​ ​how​ ​you​ ​want​ ​to​ ​spend​ ​time​ ​with​ ​them  ●Invest​ ​creatively​ ​in​ ​your​ ​close​ ​relationships​ ​and​ ​initiate​ ​interesting​ ​getaways​ ​with  them  ●Reflect​ ​on​ ​some​ ​getaways​ ​with​ ​your​ ​loved​ ​ones                                20                                                  December  ​ ​​ ​​ ​Week​ ​25-31  ●Reflect​ ​about​ ​a​ ​​ ​cause​ ​you​ ​like​ ​to​ ​involve​ ​in    By​ ​volunteering​ ​or​ ​working​ ​in​ ​the​ ​field​ ​of​ ​your​ ​interest​ ​​ ​in​ ​different​ ​places​ ​of​ ​the​ ​world,  you​ ​grow​ ​into​ ​a​ ​better​ ​person​ ​and​ ​get​ ​a​ ​wider​ ​perspective​ ​about​ ​the​ ​whole​ ​planet​ ​and​ ​its  priorities.​ ​You​ ​also​ ​experience​ ​new​ ​ways​ ​of​ ​well-being​ ​and​ ​healthy​ ​environments​ ​.    Create​ ​an​ ​initiative​ ​​ ​or​ ​involve​ ​in​ ​existent​ ​community​ ​projects    Help​ ​with​ ​money​ ​a​ ​cause​ ​or​ ​an​ ​organization​ ​or​ ​get​ ​involved​ ​in​ ​collecting​ ​money​ ​for​ ​them-  write​ ​the​ ​names​ ​of​ ​one​ ​or​ ​few​ ​organizations​ ​you​ ​would​ ​like​ ​to​ ​get​ ​involved​ ​with    Write​ ​the​ ​names​ ​of​ ​some​ ​charity​ ​projects​ ​that​ ​you​ ​are​ ​interested​ ​in,​ ​their​ ​schedules​ ​and  the​ ​times​ ​when​ ​you​ ​will​ ​commit          21  ●Practice​ ​compassion​ ​-​ ​Compassion​ ​builds​ ​the​ ​base​ ​for​ ​meaningful​ ​relationships  ●Reflect​ ​on​ ​the​ ​compassion​ ​your​ ​relationships​ ​need  ●Experience​ ​​ ​living​ ​arrangements​ ​with​ ​other​ ​peers​ ​that​ ​have​ ​similar​ ​philosophy​ ​or  occupations  ●Plan​ ​,​ ​if​ ​necessary,​ ​​ ​a​ ​new​ ​living​ ​arrangement​ ​that​ ​would​ ​include​ ​your​ ​loved​ ​ones  and​ ​people​ ​you​ ​co              Wellness​ ​and​ ​physical​ ​well-being      January      22  Week​ ​1-8    ●Be​ ​physically​ ​active    Breathe​ ​and​ ​Move​ ​Often!​ ​​ ​Move​ ​at​ ​your​ ​comfort​ ​pace​ ​!​ ​Movement​ ​is​ ​good​ ​for​ ​your​ ​lungs  and​ ​endurance​ ​Be​ ​active​ ​and​ ​mobile​ ​as​ ​you​ ​age!  ●Start​ ​using​ ​a​ ​fitness​ ​app​ ​or​ ​watch​ ​to​ ​motivate​ ​you​ ​!    ●Experience​ ​spending​ ​time​ ​outdoors​ ​with​ ​a​ ​friend,​ ​family​ ​or​ ​a​ ​group!​ ​Nature​ ​is​ ​an  abundant​ ​resource,​ ​healthful​ ​for​ ​the​ ​soul,​ ​mind​ ​​ ​and​ ​body!    ●Start​ ​stretch​ ​and​ ​balance​ ​exercises​ ​weekly​ ​to​ ​enforce​ ​your​ ​flexibility,​ ​balance!    ●Lifting​ ​low​ ​weights​ ​and​ ​activities​ ​with​ ​physical​ ​​ ​impact​ ​​ ​such​ ​as​ ​walking,​ ​jogging,  hiking,​ ​​ ​volleyball​ ​are​ ​good​ ​for​ ​the​ ​bones.    ●Reflect​ ​and​ ​write​ ​about​ ​the​ ​ways​ ​to​ ​bring​ ​​ ​new​ ​physical​ ​activities​ ​in​ ​your​ ​life    A​ ​wellness,​ ​health​ ​coach​ ​or​ ​fitness​ ​trainer​ ​are​ ​a​ ​great​ ​investment​ ​to​ ​make!                                    January  week​ ​9-16    Occupational​ ​wellness      23    Reflect​ ​and​ ​Write​ ​about​ ​ways​ ​you​ ​could​ ​improve​ ​your​ ​well-being​ ​at​ ​work    ●Stretch​ ​your​ ​​ ​body​ ​and​ ​get​ ​up​ ​from​ ​your​ ​desk​ ​every​ ​50​ ​min  ●Take​ ​care​ ​of​ ​​ ​good​ ​desk​ ​ergonomics.  ●Decorate​ ​your​ ​corner​ ​in​ ​mindful​ ​way  ●Be​ ​physically​ ​active​ ​during​ ​work​ ​time-​ ​take​ ​the​ ​stairs​ ​instead​ ​of​ ​the​ ​elevator,​ ​go  for​ ​a​ ​walk/​ ​run/swim/play​ ​during​ ​the​ ​lunch​ ​break​ ​with​ ​colleagues​ ​or​ ​by​ ​yourself  ●Meditate​ ​on​ ​lunch​ ​breaks  ●Have​ ​meaningful,​ ​intentional​ ​,​ ​quality​ ​conversations​ ​with​ ​colleagues​ ​and​ ​clients  ●Create​ ​new​ ​ways​ ​that​ ​maximize​ ​your​ ​work,​ ​represent​ ​you​ ​​ ​and​ ​​ ​benefit​ ​​ ​the  process-​ ​bring​ ​new​ ​insights​ ​in​ ​a​ ​compasisionate​ ​way  ●Get​ ​a​ ​healthy​ ​lunch​ ​and​ ​healthy​ ​snacks  ●Protect​ ​yourself​ ​and​ ​your​ ​​ ​business​ ​from​ ​hazards:  -when​ ​working​ ​​ ​at​ ​altitude​ ​protect​ ​yourself​ ​​ ​with​ ​a​ ​safety​ ​belt​ ​and​ ​helmet  -when​ ​working​ ​with​ ​equipments​ ​that​ ​make​ ​high​ ​levels​ ​​ ​of​ ​noise,​ ​protect​ ​yourself​ ​by  wearing​ ​professional​ ​earphones  -when​ ​working​ ​with​ ​dust​ ​or​ ​fine​ ​particles,​ ​wear​ ​a​ ​professional​ ​mask  -protect​ ​yourself​ ​against​ ​lifting​ ​heavy​ ​weights,​ ​bending,​ ​reaching​ ​overhead,  pushing​ ​and​ ​pulling​ ​heavy​ ​loads,​ ​working​ ​in​ ​awkward​ ​body​ ​postures​ ​and  performing​ ​the​ ​same​ ​or​ ​similar​ ​tasks​ ​repetitively​ ​for​ ​long​ ​periods​ ​of​ ​time.  -  -                January  Week​ ​17-24  ●​ ​Eat​ ​Healthy  Healthy​ ​eating​ ​starts​ ​with​ ​healthy​ ​purchasing​ ​of​ ​fresh​ ​foods​ ​and​ ​healthily​ ​cooking​ ​them.  The​ ​list​ ​​ ​‘Clean​ ​15’​ ​(​ ​with​ ​lower​ ​levels​ ​of​ ​pesticides)​ ​veggies​ ​includes​ ​the​ ​onions,      24  avocados,​ ​sweet​ ​corn,​ ​pineapples,​ ​mangoes,​ ​sweet​ ​peas,​ ​asparagus,​ ​kiwi​ ​fruit,  cabbage,​ ​eggplant,​ ​cantaloupe,​ ​watermelon,​ ​grapefruit,​ ​sweet​ ​potatoes,​ ​and​ ​sweet  onions.  ●Purchase​ ​more​ ​natural​ ​,​ ​fresh,​ ​​ ​local,organic​ ​foods​ ​!​ ​Natural​ ​foods​ ​are​ ​:  vegetables,​ ​fruits,​ ​seeds,​ ​nuts,​ ​lentils,​ ​beans,  ●Consume​ ​​ ​less​ ​packaged,​ ​and​ ​less​ ​processed​ ​foods!​ ​Take​ ​with​ ​you​ ​healthy  snacks​ ​.Dry​ ​fruits,​ ​seeds​ ​and​ ​nuts​ ​are​ ​very​ ​good​ ​options.  ●Cook​ ​your​ ​own​ ​foods​ ​in​ ​simple,​ ​healthy​ ​and​ ​creative​ ​ways!  Food​ ​making​ ​can​ ​become​ ​an​ ​activity​ ​that​ ​offers​ ​comfort​ ​and​ ​pleasure.    ●Be​ ​modest​ ​with​ ​the​ ​amounts​ ​of​ ​salt​ ​and​ ​oil​ ​you​ ​use​ ​in​ ​your​ ​dishes,​ ​drizzling​ ​or​ ​not  using​ ​it​ ​at​ ​all​ ​​ ​to​ ​be​ ​the​ ​rule​ ​of​ ​thumb.  ●Decrease​ ​amount​ ​of​ ​animal​ ​fats​ ​and​ ​consumption​ ​of​ ​fatty​ ​meat    Reflect​ ​and​ ​write​ ​about​ ​all​ ​the​ ​options​ ​that​ ​you​ ​will​ ​implement​ ​to​ ​make​ ​your​ ​eating​ ​pattern  healthier                            ​ ​​ ​January  Week​ ​24-​ ​31    ●​ ​​ ​Reflect​ ​and​ ​write​ ​about​ ​how​ ​to​ ​make​ ​your​ ​love​ ​life​ ​happier    ●Experiment​ ​a​ ​sensual​ ​skill​ ​to​ ​spice​ ​up​ ​your​ ​intimate​ ​relationship      25  ●Imagine​ ​about​ ​a​ ​way​ ​to​ ​blow​ ​the​ ​mind​ ​with​ ​a​ ​romantic​ ​surprise​ ​of​ ​your​ ​loved​ ​one  today,​ ​this​ ​week,​ ​this​ ​month  ●What​ ​new​ ​tunes​ ​I​ ​can​ ​use​ ​for​ ​my​ ​romantic​ ​moments  ●Explore​ ​exotic​ ​ways​ ​to​ ​intimacy  ●What​ ​new​ ​romantic​ ​clothes​ ​and​ ​garments​ ​I​ ​could​ ​wear                                                                  ​ ​February  ​ ​Week​ ​​ ​1-​ ​8    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​Train​ ​your​ ​bright​ ​mind        26  ●Learn​ ​a​ ​new​ ​organizational​ ​skill​ ​such​ ​as​ ​how​ ​to​ ​organize​ ​your​ ​g-mail,​ ​your​ ​laptop  files,​ ​new​ ​contacts​ ​you​ ​meet,​ ​info​ ​on​ ​the​ ​new​ ​lectures​ ​and​ ​events​ ​I​ ​want​ ​to​ ​attend  /attended,​ ​how​ ​to​ ​create​ ​a​ ​nice​ ​presentation/​ ​book​ ​graphic​ ​design  ●Add​ ​a​ ​new​ ​​ ​rule​ ​in​ ​your​ ​work​ ​routines​ ​that​ ​will​ ​make​ ​your​ ​social​ ​and​ ​creative​ ​work  more​ ​effective-​ ​imagine​ ​different​ ​ways-​ ​for​ ​example​ ​from​ ​now​ ​on​ ​,​ ​I​ ​will​ ​contact  within​ ​a​ ​week​ ​frame​ ​the​ ​new​ ​professional​ ​I​ ​have​ ​met  ●Experiment​ ​playing​ ​a​ ​game​ ​such​ ​as​ ​chess,​ ​​ ​math​ ​game                                                      Financial​ ​well-being  February  Week​ ​​ ​9-16  ●Study​ ​how​ ​to​ ​organize​ ​your​ ​budget  ●Reflect​ ​on​ ​how​ ​to​ ​reduce​ ​unuseful​ ​overall​ ​spendings      27    Write​ ​your​ ​ideas                                                                          February  Week​ ​17-​ ​28    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​Decluttering​ ​-Decorating​ ​Therapy      28    ●Start​ ​decluttering​ ​your​ ​space​ ​and​ ​make​ ​it​ ​more​ ​relaxing​ ​for​ ​​ ​the​ ​mind.  ●Find​ ​a​ ​quiet​ ​and​ ​hidden​ ​place​ ​and​ ​meditate  ●Use​ ​creative​ ​auxiliary​ ​furniture​ ​accessories​ ​​ ​to​ ​organize​ ​your​ ​things  ●Experiment​ ​with​ ​decorating​ ​your​ ​space​ ​with​ ​small​ ​things​ ​that​ ​bring​ ​you​ ​joy.  ●​ ​Purchase​ ​art​ ​objects​ ​from​ ​their​ ​owner​ ​or​ ​an​ ​antique​ ​shop;​ ​benefit​ ​from​ ​meeting  new​ ​people​ ​and​ ​connecting​ ​with​ ​them                                                        March  Week​ ​1-​ ​8    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​Aromatherapy​ ​and​ ​Body​ ​Care      29    ●Experiment​ ​with​ ​natural​ ​fragrances​ ​and​ ​oils  ●Use​ ​mostly​ ​organic​ ​cosmetics,​ ​soaps​ ​and​ ​detergents,​ ​low​ ​in​ ​toxins  ●​ ​Protect​ ​against​ ​sun​ ​radiation,​ ​by​ ​covering​ ​your​ ​skin​ ​with​ ​long​ ​dresses,​ ​long  sleeves​ ​shirts,​ ​​ ​big​ ​hats,​ ​long​ ​pants​ ​(all​ ​sun​ ​lotions​ ​do​ ​not​ ​protect​ ​as​ ​well​ ​as  staying​ ​under​ ​the​ ​shade)  ●Reflect​ ​about​ ​which​ ​​ ​body​ ​care​ ​relaxes​ ​and​ ​nourishes​ ​your​ ​skin                                                            March  Week​ ​​ ​9-16    Massage      30    Massage​ ​has​ ​been​ ​shown​ ​to​ ​improve​ ​many​ ​dimensions​ ​of​ ​well-being​ ​such​ ​as​ ​emotions,  immunity.    ●Explore​ ​an​ ​exotic​ ​and​ ​attractive​ ​massage​ ​technique​ ​that​ ​you​ ​want​ ​to​ ​use​ ​on​ ​your  loved​ ​one  ●Join​ ​a​ ​massage​ ​workshop​ ​or​ ​purchase​ ​a​ ​​ ​DVD​ ​/​ ​an​ ​online​ ​course  ●Write​ ​about​ ​what​ ​space​ ​you​ ​would​ ​use​ ​for​ ​a​ ​massage​ ​night  ●What​ ​fragrances​ ​and​ ​oils​ ​you​ ​would​ ​use​ ​and​ ​other​ ​romantic​ ​accessories,​ ​music  background  ●How​ ​you​ ​would​ ​dress​ ​up​ ​and​ ​arrange​ ​your​ ​hair                                              March  Week​ ​17-​ ​​ ​24  Spa,​ ​Sauna,​ ​Water​ ​​ ​therapy        31  ​ ​All​ ​the​ ​water​ ​therapies​ ​are​ ​relaxing​ ​,​ ​energizing​ ​and​ ​​ ​inspiring.  ●​ ​Imagine​ ​now​ ​a​ ​way​ ​to​ ​introduce​ ​a​ ​water​ ​therapy​ ​in​ ​your​ ​routine  ●Taking​ ​a​ ​bath​ ​while​ ​listening​ ​to​ ​your​ ​relaxing​ ​music​ ​and​ ​using​ ​your​ ​favorite​ ​body  wash  ●Adding​ ​natural​ ​powders​ ​to​ ​your​ ​bath                                                            February  Week​ ​17-28    ●Explore​ ​the​ ​local​ ​healing​ ​therapies      Learn​ ​about​ ​herbals​ ​from​ ​different​ ​areas,​ ​and​ ​their​ ​medicinal​ ​uses  ●Explore​ ​and​ ​experience​ ​different​ ​medicines​ ​and​ ​healing​ ​beliefs​ ​all​ ​over​ ​the​ ​world    ●Discover​ ​homeopathy​ ​uses​ ​​ ​for​ ​common​ ​ailments​ ​and​ ​chronic​ ​conditions​ ​.This​ ​is  the​ ​fine​ ​esoteric​ ​science​ ​of​ ​healing​ ​based​ ​on​ ​the​ ​​ ​principle​ ​”​ ​likes​ ​cure​ ​likes”​ ​with  infinitesimal​ ​dilutions​ ​and​ ​potions.​ ​It​ ​is​ ​used​ ​all​ ​over​ ​the​ ​world​ ​with​ ​incredible  results.                                                                                                                                                            October  Week 1- 8    ● Avoid stressors    Reduce to a minimum activities, environments and people that stress you.    Journal on what stresses you during a day, a week, a year. Write about options to destress , the times of the week you will commit and for how long, In addition to that, increase your enjoyable personal Time.                                                                                                    October  Week 9-16    ● Practice Gratitude    Write in your journal at night the new positive things that have happened to you during the past day or recently.       |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Day Day of the  of the  Week Week | Study-  Work | Community- - family  -friends | Nature  enjoying experiences | Uplifting  experiences | Material Comforts-  blessings | | Monday |  |  |  |  |  | | Tuesday |  |  |  |  |  | | Wednesday |  |  |  |  |  | | Thursday |  |  |  |  |  | | Friday |  |  |  |  |  | | Saturday |  |  |  |  |  | | Sunday |  |  |  |  |  |                           October  Week 17-21    Art Therapy    ● Join a painting- writing-poetry group  ● Visit an art museum or purchase an art object  ● Decorate a corner of your house or garden with inspiring pieces of art  ● Paint a rock to decorate the yard or a canvas to offer to someone  ● Start a music -dance hobby  ● Start journaling creative ideas    Painting, writing, poetry, music and dance are beneficial for emotional, and physical well-being                                    November  week 9- 16  ● Experience gardening    Gardening is a way to feel better with one’s emotions. Gardening plants, flowers, bushes and trees, outdoor or indoor is therapeutic.    Start gardening some herbs, flowers or medicinal plants in your backyard, kitchen or patio.    Join a community garden, a family- friend’s garden or an organic farm to experience gardening and see which you like doing the most: picking the fruits -veggies from the soil, planting the seeds, building up the flower / vegetable beds, or just watching them doing it and enjoying the company.  ● Learn about ecological farming              December  week 1-8    - Get the needed sleep    Sleep is good for your brain, immunity, emotional wellness, memory and recovery processes. Relaxation breaks are healthful before a fresh start .  Sleep and naps are helpful in any kind of stressful impairment. Amount of sleep for an adult should be around 7 hours. Getting too much sleep can be unhealthful.    Reflect and write on how to get a more balanced and restful your sleep                            December  week 9-16      ● Care for animals    Pets are a good resource for emotional well-being. They can be healing for you as well as you can be healing for them.    This week give extra care to your pet- or to a pet in need- do what it takes to give comfort to your beloved pet or visit a shelter in your area and see how you can be useful there, maybe engage in volunteering such as feeding, walking a pet , fostering , adopting or sponsoring the animal shelter  December  Week 17-24    ● Commit time to friends, groups, missions and organizations that matter to you , honour them on a regular basis  ● write how you want to spend time with them  ● Invest creatively in your close relationships and initiate interesting getaways with them  ● Reflect on some getaways with your loved ones  ● December  Week 25-31  ● Reflect about a cause you like to involve in    By volunteering or working in the field of your interest in different places of the world, you grow into a better person and get a wider perspective about the whole planet and its priorities. You also experience new ways of well-being and healthy environments .    Create an initiative or involve in existent community projects    Help with money a cause or an organization or get involved in collecting money for them- write the names of one or few organizations you would like to get involved with    Write the names of some charity projects that you are interested in, their schedules and the times when you will commit      ● Practice compassion - Compassion builds the base for meaningful relationships  ● Reflect on the compassion your relationships need  ● Experience living arrangements with other peers that have similar philosophy or occupations  ● Plan , if necessary, a new living arrangement that would include your loved ones and people you connect with  ● Write your plan  January  Week 1-8    ● Be physically active    Breathe and Move Often! Move at your comfort pace ! Movement is good for your lungs and endurance Be active and mobile as you age!  ● Start using a fitness app or watch to motivate you !    ● Experience spending time outdoors with a friend, family or a group! Nature is an abundant resource, healthful for the soul, mind and body!    ● Start stretch and balance exercises weekly to enforce your flexibility, balance!    ● Lifting low weights and activities with physical impact such as walking, jogging, hiking, volleyball are good for the bones.    ● Reflect and write about the ways to bring new physical activities in your life    A wellness, health coach or fitness trainer are a great investment to make        January  week 9-16    Occupational wellness    Reflect and Write about ways you could improve your well-being at work    ● Stretch your body and get up from your desk every 50 min  ● Take care of good desk ergonomics.  ● Decorate your corner in mindful way  ● Be physically active during work time- take the stairs instead of the elevator, go for a walk/ run/swim/play during the lunch break with colleagues or by yourself  ● Meditate on lunch breaks  ● Have meaningful, intentional , quality conversations with colleagues and clients  ● Create new ways that maximize your work, represent you and benefit the process- bring new insights in a compasisionate way  ● Get a healthy lunch and healthy snacks  ● Protect yourself and your business from hazards:  - when working at altitude protect yourself with a safety belt and helmet  - when working with equipments that make high levels of noise, protect yourself by wearing professional earphones  - when working with dust or fine particles, wear a professional mask  - protect yourself against lifting heavy weights, bending, reaching overhead, pushing and pulling heavy loads, working in awkward body postures and performing the same or similar tasks repetitively for long periods of time.  - January  Week 17-24  ● Eat Healthy  Healthy eating starts with healthy purchasing of fresh foods and healthily cooking them. The list ‘Clean 15’ ( with lower levels of pesticides) veggies includes the onions, avocados, sweet corn, pineapples, mangoes, sweet peas, asparagus, kiwi fruit, cabbage, eggplant, cantaloupe, watermelon, grapefruit, sweet potatoes, and sweet onions.  ● Purchase more natural , fresh, local,organic foods ! Natural foods are : vegetables, fruits, seeds, nuts, lentils, beans,  ● Consume less packaged, and less processed foods! Take with you healthy snacks .Dry fruits, seeds and nuts are very good options.  ● Cook your own foods in simple, healthy and creative ways!  Food making can become an activity that offers comfort and pleasure.    ● Be modest with the amounts of salt and oil you use in your dishes, drizzling or not using it at all to be the rule of thumb.  ● Decrease amount of animal fats and consumption of fatty meat    Reflect and write about all the options that you will implement to make your eating pattern healthier          January  Week 24- 31    ● Reflect and write about how to make your loving life happier    ● Experiment a sensual skill to spice up your intimate relationship  ● Imagine about a way to blow the mind with a romantic surprise of your loved one today, this week, this month  ● What new tunes I can use for my romantic moments  ● Explore exotic ways to intimacy  ● What new romantic clothes and garments I could wear        February  Week 1- 8    Train your bright mind    ● Learn a new organizational skill such as how to organize your g-mail, your laptop files, new contacts you meet, info on the new lectures and events I want to attend /attended, how to create a nice presentation/ book graphic design  ● Add a new rule in your work routines that will make your social and creative work more effective- imagine different ways- for example from now on , I will contact within a week frame the new professional I have met  ● Experiment playing a game such as chess, math games                        Financial well-being  February  Week 9-16  ● Study how to organize your budget  ● Reflect on how to reduce unuseful overall spendings    Write your ideas                                                February  Week 17- 28    Decluttering -Decorating Therapy    ● Start decluttering your space and make it more relaxing for the mind.  ● Find a quiet and hidden place and meditate  ● Use creative auxiliary furniture accessories to organize your things  ● Experiment with decorating your space with small things that bring you joy.  ● Purchase art objects from their owner or an antique shop; benefit from meeting new people and connecting with them                                      March  Week 1- 8    Aromatherapy and Body Care    ● Experiment with natural fragrances and oils  ● Use mostly organic cosmetics, soaps and detergents, low in toxins  ● Protect against sun radiation, by covering your skin with long dresses, long sleeves shirts, big hats, long pants (all sun lotions do not protect as well as staying under the shade)  ● Reflect about which body care relaxes and nourishes your skin                                        March  Week 9-16                                March  Week 17- 24  Water therapy    All the water therapies are relaxing , energizing and inspiring.  ● Imagine now a way to introduce a water therapy in your routine  ● Taking a bath while listening to your relaxing music and using your favorite body wash  ● Adding natural powders to your bath  Massage has been shown to improve many dimensions of well-being such as emotions, immunity.    Join a massage workshop              November  Week 9-16    Water therapy  ​ ●​ ​Imagine​ ​​ ​a​ ​way​ of using water​ ​therapy​ ​in​ ​your​ ​routine  ●Take​ ​a​ ​bath​ ​while​ ​listening​ ​to​ ​your​ ​relaxing​ ​music​ ​and​ ​using​ ​your​ ​favorite​ ​body wash  ●Add​ ​natural​ ​powders​ ​to​ ​your​ ​bath such a lavender,  Massage has been shown to improve many dimensions of well-being such as emotions, immunity.  ● Learn a style of massage  ● If you can improve your tub with one that offers you more comfort , with water jets do so  I personally love relaxing with water  In my home town I go to a thermal pool with hot water that really relaxes my muscles and mind; they also offer baths with salt from the Dead Sea and minerals( calcium, magnesium, lithium)  Summertimes I love going to the beach and immersing in the water-science says that the salty water is good to strengthen the immune and respiratory system , it is good to breathe it as well to bathe in it- waves therapy is also beneficial for mind and body  There are thermal springs, lakes with mud and mineral baths in my home country with many healing effects and many couples visit them during vacations        November  Week 17-24  Get the needed sleep  Sleep is nourishing for emotional wellbeing, brain and memory, immunity, skin, beauty, recovery processes. Sleep and naps are helpful in any kind of stressful situations..  ● Take relaxation breaks for a fresh start.  ● Sleep around 7 hours = depending of age and body each individual needs its number of hours  ● Reflect what you could add to your sleep routine to make it better:  ● Reduce sounds and lights,  ● Keeping a relaxing ritual 2 hours before (with no stressful inputs like e-mails, news , difficult conversations ),  ● Decrease noise and lights 1-2 hours before and during the sleep,  ● Keep a comfortable temperature, a clutter free and pleasantly decorated bedroom  ● Take a warm bath or shower,  ● Compose your relaxing journal or reading,  ● Spend romantic time with your loved one,  ● Listen to your relaxing music / nature sounds, of your choice  My advantage is that I do not have to wake up too early because I work from home. When I was working in the morning, I was going to bed early and generally go for a long walk after work to refresh my body  In the evening I usually listen to pandora calming music that can be French Cafe, Spanish Guitar or 60’s while I am working and taking a relaxing a shower or bath    November  Week 24-31  Art Therapy  Art is very soothing for the mind and soul . Painting, writing, poetry, music and dance all are beneficial for emotional well-being.   * You can decorate a corner of your house or garden with inspiring pieces of art * For me , I can’t live without having art inside my home, It needs to be with lively colors and in all the rooms. I like to have colourful carpets and paintings; my preferred colours are earthy- orange, copper, red, brown, golden, black- choosing the right furniture and accessories give me a lot of emotional comfort- i inspire myself from the internet and magazines- I like to keep it simple but elegant- the process itself of purchasing and decorating is emotionally and mentally soothing   ● Visit art museums  I travelled a lot and did not miss any classical or modern art museums- my favorite art is the modern one- i enjoyed art museum all over in Europe as well in US- one of my favorites are Metroplitan Museum, Museum of Modern Art in Madrid-Reina Sofia,  ● Paint a rock to decorate the yard or to offer to someone  I had my own painting project- I painted with greens and yellows few rocks from a creek at the back of our forest trail and put them in groups on the trail along with planting some native flowers- passing by neighbors were congratulating me saying they have never seen someone beautifying their trail since 20 years they have lived here  ● Dance regularly in your home or elsewhere  When I am taking a break to stretch I use it an excuse to dance in my own home  ● Journal ,at bedtime creative ideas          December  Week 1-9  Care for animals  Pets are a resource for emotional well-being, they can be healing for you as you can be healing for them.  This week give extra care to your pet or to a pet in need - do what it takes to give comfort to your beloved pet or visit a shelter in your area and see how you can be useful, engage in volunteering such as feeding, walking , fostering, adopting a pet or sponsoring the animal shelter with money or food.  Write the name of a shelter or organization you would like to support  I have now two cats- one found in the woods, and more recently another one adopted from the shelter                            December  Week 9-16  Healing through music and sounds  Music and sounds are soothing.  The sound of a fountain, birds singing ,a waterfall, all are delightful.  ● Reflect about the music, instruments, nature sounds you enjoy  ● Include in your routine the music you like, to get you happy and energized  First thing I wake up I listen to music or to a guided meditation  ● Explore musical events that you are interested in and sign  up for an event with your loved one  I generally go to Blumenthal for classical and Broadway music but would love to go more for outdoor performances .  ● Listen to classical music or/ and music that inspires you  Classical music is very good for mental clarity and concentration- i have been listening to it since a child-my math tutor was using it too- I use it if I have a difficult phone call to make and want to surely win my case. My favorites are Bach and Mozart but I also love opera and practically any old music.-60’s , 70’s and even 30’s-50’s. My favorite dance is Charleston that I find very funny , then probably I would do well with country dances.            December  Week 17-24  Serve a mission or a community purpose   * Reflect​ ​about​ ​a​ ​​ ​cause​ ​you​ ​like​ ​to​ ​involve​ ​in-   I love to involve in medical missions- I love helping with the medical community clinics and I have been seen a lot in my area and beyond- i have been a nurse for them, a one on one health coach, a health educator ,as well as wellness initiator or consultant; I also involved with different churches for general and mental health projects,​ ​.  ● Create​ ​an​ ​initiative​ ​​ ​or​ ​involve​ ​in​ ​existent​ ​community​ ​projects  I am passionate about initiating outdoor and wellness activities at one of my universities and high school .For that I will be working with the administration, associations of students and local sponsors and classmates .  ● Help​ ​with​ ​money​ ​a​ ​cause​ ​or​ ​an​ ​organization​ ​or​ ​get​ ​involved​ ​in​ ​fundraising  Me and my friend are sponsoring a 9 year old boy from Guatemala - we keep in touch by writing letters and it is emotionally very rewarding  ● Write​ ​the​ ​names​ ​of​ ​few​ ​charity​ ​projects​ ​that​ ​you​ ​would​ ​like​ ​to​ ​get​ ​involved​ ​with ​and the​ ​times​ ​when​ ​you​ ​will​ ​commit  I involved in a project of United Methodist Church with a medical clinic they developed - during this time I created educational materials and the basis for my booklet    December  Week 25- 31  Celebrate your friends  ●Commit​ ​time​ ​to​ ​groups and friends ​that​ ​matter​ ​to​ ​you​ ​- Celebrate and honour​ ​them​ ​ ​regularly​  I like to get involved with local student and city environmental organizations a least once a month  ● Write​ on topics you want to work on for them  Our environmental interests are : Less car usage on campus, more biking, tree plantation, cleaning of some outdoor spots  ● Invest creatively and think about interesting activities with them  we will spend together Thanksgiving and go on hiking                              January  Week 1-8    February  ​​ ​Week​ ​​ ​1-​ ​8    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​​​ ​Train​ ​your​ ​bright​ ​mind  Healing Therapies   * Explore and write down some interesting local healing therapies * Learn about herbals from different areas, and their medicinal uses-write events or workshops where you can learn more about them * Explore and experience different healing beliefs and therapies all over the world * Discover homeopathy uses for common ailments and chronic conditions.   Homeopathy is the fine esoteric science of healing based on the principle ” likes cure likes” with infinitesimal dilutions and potions. It is used all over the world with incredible results for   * attend a free workshop   June  Week 1- 8    Intercultural Connection    ● Expose yourself to intercultural- inter-faith events    Interconnecting with people of different faiths, beliefs and cultural origins gives you a better understanding of the reality. Learning about others life journeys, beliefs and behaviors is valuable tool  I volunteered since young and now involve with a diverse community of students - I met Iranian, Russian, Ukrainian, Turkey, Indian, French, Hispanic people    ● Write about what new places you would visit and projects you are interested in |                       ● practice the art of choice  ● Garden     |  | | --- | | November  Week 9-16    Water therapy  ​ ●​ ​Imagine​ ​​ ​a​ ​way​ of using water​ ​therapy​ ​in​ ​your​ ​routine  ●Take​ ​a​ ​bath​ ​while​ ​listening​ ​to​ ​your​ ​relaxing​ ​music​ ​and​ ​using​ ​your​ ​favorite​ ​body wash  ●Add​ ​natural​ ​powders​ ​to​ ​your​ ​bath  Massage has been shown to improve many dimensions of well-being such as  emotions, immunity.    ● Learn a massage skill  ● Swim when the possibility in a clean water environment                                November  Week 17-24  Get the needed sleep  Sleep is nourishing for emotional wellbeing, brain and memory, immunity, recovery processes. Sleep and naps are helpful in any kind of stressful impairment.  ● Take relaxation breaks for a fresh start.  ● Sleep around 7 hours  ● Reflect what you could add to your sleep routine to make it better:  ● Reduce sounds,  ● Keeping a relaxing ritual 2 hours before (with no stressful inputs like e-mails, news , difficult conversations ),  ● Decrease noise and lights before and during the sleep,  ● Keep a comfortable temperature, a clutter free and pleasantly decorated bedroom  ● Take a warm bath or shower,  ● Compose your relaxing journal or reading,  ● Spend romantic time with your loved one,  ● Listen to your relaxing music / nature sounds, of your choice                              November  Week 24-31  Art Therapy  ● Decorate a corner of your house or garden with inspiring pieces of art  ● Purchase an object of art  ● Visit an art museum  ● Paint a rock to decorate the yard or to offer to someone  ● Dance regularly in your home or elsewhere  ● Journal ,at bedtime creative ideas    Painting, writing, poetry, music and dance are beneficial for emotional, and  physical well-being.                                                            December  Week 1-9  Care for animals  Pets are a resource for emotional well-being, they can be healing for you as you can be healing for them.  This week give extra care to your pet or to a pet in need - do what it takes to give comfort to your beloved pet or visit a shelter in your area and see how you can be useful there, maybe engage in volunteering such as feeding a pet, walking a pet, fostering, adopting a pet or sponsoring the animal shelter with money or food.  Write the name of a shelter or organization you would like to support                                        December  Week 9-16  Sound and Music Healing  Music and sounds are soothing.  The sound of a fountain, birds singing ,a waterfall, all are delightful.    ● Reflect about the music, instruments, nature sounds you enjoy  ● Include in your routine the music you like, to get you happy and energized  ● Explore musical events that you are interested in and sign  up for an event with your loved one  ● Listen to exotic tunes  ● Listen to classical music or/ and music that inspires you                                  December  week 17-24  Serve a mission or a community purpose  Reflect​ ​about​ ​a​ ​​ ​cause​ ​you​ ​like​ ​to​ ​involve​ ​in-  by​ ​volunteering​ ​or​ ​working​ ​​​ ​in​ ​different​ ​places​ ​of​ ​the​ ​world,  you​ ​grow​ ​into​ ​a​ ​better​ ​person​ ​and​ ​get​ ​a​ ​wider​ ​perspective​ ​about​ ​the​ ​whole​ ​planet​ ​and​ ​its priorities.​  ​You​ ​also​ ​experience​ ​new​ ​ways​ ​of​ ​well-being​ ​and​ ​healthy​ ​environments​ ​.  ● Create​ ​an​ ​initiative​ ​​ ​or​ ​involve​ ​in​ ​existent​ ​community​ ​projects  ● Help​ ​with​ ​money​ ​a​ ​cause​ ​or​ ​an​ ​organization​ ​or​ ​get​ ​involved​ ​in​ ​collecting​ ​money​ ​for​ ​them-  ● write​ ​the​ ​names​ ​of​ ​one​ ​or​ ​few​ ​organizations​ ​you​ ​would​ ​like​ ​to​ ​get​ ​involved​ ​with  ● Write​ ​the​ ​names​ ​of​ ​few​ ​charity​ ​projects​ ​that​ ​you​ ​are​ ​interested​ ​in,​ ​their​ ​schedules​ ​and the​ ​times​ ​when​ ​you​ ​will​ ​commit                          December  Week 25- 31  Celebrate your friends  ●Commit​ ​time​ ​to​ ​groups and friends ​that​ ​matter​ ​to​ ​you​ ​  ● Celebrate and honour​ ​them​ ​ ​regularly​  ● Write​ on topics you want to work on for them  ● Invest creatively and think about interesting getaways with them                                        January  Week 1-8 |                          |  | | --- | |  |  |  | | --- | | ​ ​​ ​ |      |  | | --- | | ​ ​​ ​ |        |  | | --- | | ​ ​February  ​ ​Week​ ​​ ​1-​ ​8    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​Train​ ​your​ ​bright​ ​mind |   July  Week 25-31  Travel Education  Travel to different parts of the world connects you with life patterns and positive beliefs of others, while you have the opportunity to share your good values.   * Schedule at least every 3 months a getaway, national and/or international with interesting work( that otherwise you could not do) or for fun - write some ideas * Plan an ecological touristic getaway-write the names of a few * Take a business tour where you can experiment new business opportunities that otherwise in your area you do not access * Go on a cultural tour- explore a few and list their names * Take a spiritual tour- explore and take notes here about them * Simply meet and chat with people of other cultural background in your own town- write the places and events where you could meet some   June  Week 1- 8  Intercultural Connection     * Expose yourself to intercultural- inter-faiths events and activities   Interconnecting with people of different faiths, beliefs and cultural origins gives you a better understanding of the reality. Learning about others’ life journeys is valuable for a successful life     * Write about what new places you would visit and projects you are interested in                 Healing Therapies   * Explore and write down some interesting local healing therapies * Learn about herbals from different areas, and their medicinal uses-write events or workshops where you can learn more about them * Explore and experience different healing beliefs and therapies all over the world * Discover homeopathy uses for common ailments and chronic conditions.   Homeopathy is the fine esoteric science of healing based on the principle ” likes cure likes” with infinitesimal dilutions and potions. It is used all over the world with incredible results for   * attend a free workshop     Week 1-8  Massage  Massage​ ​has​ ​been​ ​shown​ ​to​ ​improve​ ​many​ ​dimensions​ ​of​ ​well-being​ ​such​ ​as​ ​emotions, immunity.  ●Explore​ ​a​ ​massage​ ​technique​ ​that​ ​you​ ​want​ ​to​ ​use​ ​on​ ​your loved​ ​one  ●Join​ ​a​ ​massage​ ​workshop​ ​or​ ​purchase​ ​an​ ​online​ ​course about massage  ●Write​ ​about​ ​how you would prepare your​ ​space​ ​ ​for​ ​a​ ​massage​ ​night  ●What​ ​fragrances​ ​and​ ​oils​ ​you​ ​would​ ​use​ ​and​ ​romantic​ ​accessories,​ ​music  ●How​ ​you​ ​would​ ​dress​ ​up​ ​and​ ​arrange​ ​your​ ​hair  Week  Aromatherapy and Body Care  ●Experiment​ ​with​ ​natural​ ​fragrances​ ​and​ ​oils  ● Discover what​ ​organic​ ​cosmetics,​ ​soaps​ ​and​ ​detergents,​ ​low​ ​in​ ​toxins you can use  ●​What kind of clothes you may wear to protect​ you ​against​ ​sun​ ​radiation,​ ​  ●Reflect​ ​and take some notes about​ ​the care ​you need to ​relax​ ​and​ ​nourish​ ​your​ ​body            October  Week 17- 24  Sound and Music Healing  Music and sounds are soothing.The sound of a fountain, waterfall, leaves that rub each other at the blowing of the wind, all are delightful.   * Reflect about the music, instruments, nature sounds * Create a list with songs, singers and bands * Include the music you like in your routine to get you inspired, happy and energized * Choose and sign up for a local musical event that you like to attend with your loved one * Listen to tunes from exotic places   October  Week 25-31  Water Therapy  Thermal Springs Therapy is used frequently in many places of the world for multiple medical purposes.   * Learn how you can improve your cleansing routine for more relaxed and happy moments * What ingredients you should use * What music you could listen to   November  Week 1-8  Experience​ ​​ ​gardening    Gardening​ ​is​ ​a​ ​way​ ​to​ ​feel​ ​better​ ​with​ ​one’s​ ​emotions.​ ​Gardening​ ​plants,​ ​flowers,​ ​bushes  and​ ​trees,​ ​outdoor​ ​or​ ​indoor​ ​is​ ​therapeutic.    ​ ​Start​ ​gardening​ ​some​ ​herbs,​ ​flowers​ ​or​ ​medicinal​ ​plants​ ​in​ ​your​ ​backyard,​ ​kitchen​ ​or  patio.    Join​ ​a​ ​community​ ​garden,​ ​a​ ​family-​ ​friend’s​ ​garden​ ​or​ ​an​ ​organic​ ​farm​ ​to​ ​experience gardening​ ​and​ ​​ ​see​ ​which​ ​you​ ​like​ ​doing​ ​​ ​the​ ​most:​ ​picking​ ​the​ ​fruits​ ​-veggies​ ​from​ ​the soil,​ ​planting​ ​the​ ​seeds,​ ​building​ ​up​ ​the​ ​flower​ ​/​ ​vegetable​ ​beds,​ ​or​ ​just​ ​watching​ ​them  doing​ ​it​ ​and​ ​enjoying​ ​the​ ​company.  ● Learn​ ​about​ ​ecological​ ​farming   * List some ecological farms you would like to visit for a day or a weekend     November  Week 9-16  Art Therapy   * Join a painting- writing-poetry group * Visit an art museum or purchase an art object * Decorate a corner of your house or garden with inspiring pieces of art * Paint a rock to decorate the yard or a canvas to offer to someone * Start a music -dance hobby * Start journaling creative ideas   Painting, writing, poetry, music and dance are beneficial for emotional, and physical well-being.        November  Week 25- 31  December  Week 1-8  December  Week 9-16  December  Week 17-24  December  Week 25-31  January  Week 1-8  January  Week 9-16  January  Week 17-24          16   |  | | --- | | soil,​ ​planting​ ​the​ ​seeds,​ ​building​ ​up​ ​the​ ​flower​ ​/​ ​vegetable​ ​beds,​ ​or​ ​just​ ​watching​ ​them  doing​ ​it​ ​and​ ​enjoying​ ​the​ ​company.  ●Learn​ ​about​ ​ecological​ ​farming                                                                  December  week​ ​1-8 |       17   |  | | --- | | -Get​ ​the​ ​needed​ ​sleep    Sleep​ ​is​ ​good​ ​for​ ​your​ ​brain,​ ​immunity,​ ​emotional​ ​wellness,​ ​memory​ ​and​ ​recovery  processes.​ ​Relaxation​ ​breaks​ ​are​ ​healthful​ ​before​ ​a​ ​fresh​ ​start​ ​.  Sleep​ ​and​ ​naps​ ​are​ ​helpful​ ​in​ ​any​ ​kind​ ​of​ ​stressful​ ​impairment.​ ​Amount​ ​of​ ​sleep​ ​for​ ​an  adult​ ​should​ ​be​ ​around​ ​7​ ​hours.​ ​Getting​ ​too​ ​much​ ​sleep​ ​can​ ​be​ ​unhealthful.    Reflect​ ​and​ ​write​ ​on​ ​how​ ​to​ ​get​ ​a​ ​more​ ​balanced​ ​and​ ​restful​ ​your​ ​sleep |       18   |  | | --- | | December  ​ ​week​ ​9-16    ●Care​ ​for​ ​animals    Pets​ ​are​ ​a​ ​good​ ​resource​ ​for​ ​emotional​ ​well-being.​ ​They​ ​can​ ​be​ ​healing​ ​for​ ​you​ ​​ ​as​ ​well  as​ ​you​ ​can​ ​be​ ​healing​ ​for​ ​them.    This​ ​week​ ​give​ ​extra​ ​care​ ​to​ ​your​ ​pet-​ ​or​ ​to​ ​a​ ​pet​ ​in​ ​need-​ ​do​ ​what​ ​it​ ​takes​ ​to​ ​give  comfort​ ​to​ ​your​ ​beloved​ ​pet​ ​or​ ​visit​ ​a​ ​shelter​ ​in​ ​your​ ​area​ ​and​ ​see​ ​how​ ​you​ ​can​ ​be​ ​useful  there,​ ​maybe​ ​engage​ ​in​ ​volunteering​ ​​ ​such​ ​as​ ​feeding,​ ​walking​ ​a​ ​pet​ ​,​ ​fostering​ ​,​ ​adopting  or​ ​sponsoring​ ​the​ ​animal​ ​shelter |       19   |  | | --- | | Wellness​ ​and​ ​social​ ​well-being    December  Week​ ​17-24    ●Commit​ ​time​ ​to​ ​friends,​ ​groups,​ ​missions​ ​and​ ​organizations​ ​that​ ​matter​ ​to​ ​you​ ​,  honour​ ​them​ ​on​ ​a​ ​regular​ ​basis  ●write​ ​how​ ​you​ ​want​ ​to​ ​spend​ ​time​ ​with​ ​them  ●Invest​ ​creatively​ ​in​ ​your​ ​close​ ​relationships​ ​and​ ​initiate​ ​interesting​ ​getaways​ ​with  them  ●Reflect​ ​on​ ​some​ ​getaways​ ​with​ ​your​ ​loved​ ​ones |       20   |  | | --- | | December  ​ ​​ ​​ ​Week​ ​25-31  ●Reflect​ ​about​ ​a​ ​​ ​cause​ ​you​ ​like​ ​to​ ​involve​ ​in    By​ ​volunteering​ ​or​ ​working​ ​in​ ​the​ ​field​ ​of​ ​your​ ​interest​ ​​ ​in​ ​different​ ​places​ ​of​ ​the​ ​world,  you​ ​grow​ ​into​ ​a​ ​better​ ​person​ ​and​ ​get​ ​a​ ​wider​ ​perspective​ ​about​ ​the​ ​whole​ ​planet​ ​and​ ​its  priorities.​ ​You​ ​also​ ​experience​ ​new​ ​ways​ ​of​ ​well-being​ ​and​ ​healthy​ ​environments​ ​.    Create​ ​an​ ​initiative​ ​​ ​or​ ​involve​ ​in​ ​existent​ ​community​ ​projects    Help​ ​with​ ​money​ ​a​ ​cause​ ​or​ ​an​ ​organization​ ​or​ ​get​ ​involved​ ​in​ ​collecting​ ​money​ ​for​ ​them-  write​ ​the​ ​names​ ​of​ ​one​ ​or​ ​few​ ​organizations​ ​you​ ​would​ ​like​ ​to​ ​get​ ​involved​ ​with    Write​ ​the​ ​names​ ​of​ ​some​ ​charity​ ​projects​ ​that​ ​you​ ​are​ ​interested​ ​in,​ ​their​ ​schedules​ ​and  the​ ​times​ ​when​ ​you​ ​will​ ​commit |       21   |  | | --- | | ●Practice​ ​compassion​ ​-​ ​Compassion​ ​builds​ ​the​ ​base​ ​for​ ​meaningful​ ​relationships  ●Reflect​ ​on​ ​the​ ​compassion​ ​your​ ​relationships​ ​need  ●Experience​ ​​ ​living​ ​arrangements​ ​with​ ​other​ ​peers​ ​that​ ​have​ ​similar​ ​philosophy​ ​or  occupations  ●Plan​ ​,​ ​if​ ​necessary,​ ​​ ​a​ ​new​ ​living​ ​arrangement​ ​that​ ​would​ ​include​ ​your​ ​loved​ ​ones  and​ ​people​ ​you​ ​connect​ ​with  ●Write​ ​your​ ​plan                                                                Wellness​ ​and​ ​physical​ ​well-being      January |       22   |  | | --- | | Week​ ​1-8    ●Be​ ​physically​ ​active    Breathe​ ​and​ ​Move​ ​Often!​ ​​ ​Move​ ​at​ ​your​ ​comfort​ ​pace​ ​!​ ​Movement​ ​is​ ​good​ ​for​ ​your​ ​lungs  and​ ​endurance​ ​Be​ ​active​ ​and​ ​mobile​ ​as​ ​you​ ​age!  ●Start​ ​using​ ​a​ ​fitness​ ​app​ ​or​ ​watch​ ​to​ ​motivate​ ​you​ ​!    ●Experience​ ​spending​ ​time​ ​outdoors​ ​with​ ​a​ ​friend,​ ​family​ ​or​ ​a​ ​group!​ ​Nature​ ​is​ ​an  abundant​ ​resource,​ ​healthful​ ​for​ ​the​ ​soul,​ ​mind​ ​​ ​and​ ​body!    ●Start​ ​stretch​ ​and​ ​balance​ ​exercises​ ​weekly​ ​to​ ​enforce​ ​your​ ​flexibility,​ ​balance!    ●Lifting​ ​low​ ​weights​ ​and​ ​activities​ ​with​ ​physical​ ​​ ​impact​ ​​ ​such​ ​as​ ​walking,​ ​jogging,  hiking,​ ​​ ​volleyball​ ​are​ ​good​ ​for​ ​the​ ​bones.    ●Reflect​ ​and​ ​write​ ​about​ ​the​ ​ways​ ​to​ ​bring​ ​​ ​new​ ​physical​ ​activities​ ​in​ ​your​ ​life    A​ ​wellness,​ ​health​ ​coach​ ​or​ ​fitness​ ​trainer​ ​are​ ​a​ ​great​ ​investment​ ​to​ ​make!                                    January  week​ ​9-16    Occupational​ ​wellness |       23   |  | | --- | | Reflect​ ​and​ ​Write​ ​about​ ​ways​ ​you​ ​could​ ​improve​ ​your​ ​well-being​ ​at​ ​work    ●Stretch​ ​your​ ​​ ​body​ ​and​ ​get​ ​up​ ​from​ ​your​ ​desk​ ​every​ ​50​ ​min  ●Take​ ​care​ ​of​ ​​ ​good​ ​desk​ ​ergonomics.  ●Decorate​ ​your​ ​corner​ ​in​ ​mindful​ ​way  ●Be​ ​physically​ ​active​ ​during​ ​work​ ​time-​ ​take​ ​the​ ​stairs​ ​instead​ ​of​ ​the​ ​elevator,​ ​go  for​ ​a​ ​walk/​ ​run/swim/play​ ​during​ ​the​ ​lunch​ ​break​ ​with​ ​colleagues​ ​or​ ​by​ ​yourself  ●Meditate​ ​on​ ​lunch​ ​breaks  ●Have​ ​meaningful,​ ​intentional​ ​,​ ​quality​ ​conversations​ ​with​ ​colleagues​ ​and​ ​clients  ●Create​ ​new​ ​ways​ ​that​ ​maximize​ ​your​ ​work,​ ​represent​ ​you​ ​​ ​and​ ​​ ​benefit​ ​​ ​the  process-​ ​bring​ ​new​ ​insights​ ​in​ ​a​ ​compasisionate​ ​way  ●Get​ ​a​ ​healthy​ ​lunch​ ​and​ ​healthy​ ​snacks  ●Protect​ ​yourself​ ​and​ ​your​ ​​ ​business​ ​from​ ​hazards:  -when​ ​working​ ​​ ​at​ ​altitude​ ​protect​ ​yourself​ ​​ ​with​ ​a​ ​safety​ ​belt​ ​and​ ​helmet  -when​ ​working​ ​with​ ​equipments​ ​that​ ​make​ ​high​ ​levels​ ​​ ​of​ ​noise,​ ​protect​ ​yourself​ ​by  wearing​ ​professional​ ​earphones  -when​ ​working​ ​with​ ​dust​ ​or​ ​fine​ ​particles,​ ​wear​ ​a​ ​professional​ ​mask  -protect​ ​yourself​ ​against​ ​lifting​ ​heavy​ ​weights,​ ​bending,​ ​reaching​ ​overhead,  pushing​ ​and​ ​pulling​ ​heavy​ ​loads,​ ​working​ ​in​ ​awkward​ ​body​ ​postures​ ​and  performing​ ​the​ ​same​ ​or​ ​similar​ ​tasks​ ​repetitively​ ​for​ ​long​ ​periods​ ​of​ ​time.  -  -                January  Week​ ​17-24  ●​ ​Eat​ ​Healthy  Healthy​ ​eating​ ​starts​ ​with​ ​healthy​ ​purchasing​ ​of​ ​fresh​ ​foods​ ​and​ ​healthily​ ​cooking​ ​them.  The​ ​list​ ​​ ​‘Clean​ ​15’​ ​(​ ​with​ ​lower​ ​levels​ ​of​ ​pesticides)​ ​veggies​ ​includes​ ​the​ ​onions, |       24   |  | | --- | | avocados,​ ​sweet​ ​corn,​ ​pineapples,​ ​mangoes,​ ​sweet​ ​peas,​ ​asparagus,​ ​kiwi​ ​fruit,  cabbage,​ ​eggplant,​ ​cantaloupe,​ ​watermelon,​ ​grapefruit,​ ​sweet​ ​potatoes,​ ​and​ ​sweet  onions.  ●Purchase​ ​more​ ​natural​ ​,​ ​fresh,​ ​​ ​local,organic​ ​foods​ ​!​ ​Natural​ ​foods​ ​are​ ​:  vegetables,​ ​fruits,​ ​seeds,​ ​nuts,​ ​lentils,​ ​beans,  ●Consume​ ​​ ​less​ ​packaged,​ ​and​ ​less​ ​processed​ ​foods!​ ​Take​ ​with​ ​you​ ​healthy  snacks​ ​.Dry​ ​fruits,​ ​seeds​ ​and​ ​nuts​ ​are​ ​very​ ​good​ ​options.  ●Cook​ ​your​ ​own​ ​foods​ ​in​ ​simple,​ ​healthy​ ​and​ ​creative​ ​ways!  Food​ ​making​ ​can​ ​become​ ​an​ ​activity​ ​that​ ​offers​ ​comfort​ ​and​ ​pleasure.    ●Be​ ​modest​ ​with​ ​the​ ​amounts​ ​of​ ​salt​ ​and​ ​oil​ ​you​ ​use​ ​in​ ​your​ ​dishes,​ ​drizzling​ ​or​ ​not  using​ ​it​ ​at​ ​all​ ​​ ​to​ ​be​ ​the​ ​rule​ ​of​ ​thumb.  ●Decrease​ ​amount​ ​of​ ​animal​ ​fats​ ​and​ ​consumption​ ​of​ ​fatty​ ​meat    Reflect​ ​and​ ​write​ ​about​ ​all​ ​the​ ​options​ ​that​ ​you​ ​will​ ​implement​ ​to​ ​make​ ​your​ ​eating​ ​pattern  healthier                            ​ ​​ ​January  Week​ ​24-​ ​31    ●​ ​​ ​Reflect​ ​and​ ​write​ ​about​ ​how​ ​to​ ​make​ ​your​ ​love​ ​life​ ​happier    ●Experiment​ ​a​ ​sensual​ ​skill​ ​to​ ​spice​ ​up​ ​your​ ​intimate​ ​relationship |       25   |  | | --- | | ●Imagine​ ​about​ ​a​ ​way​ ​to​ ​blow​ ​the​ ​mind​ ​with​ ​a​ ​romantic​ ​surprise​ ​of​ ​your​ ​loved​ ​one  today,​ ​this​ ​week,​ ​this​ ​month  ●What​ ​new​ ​tunes​ ​I​ ​can​ ​use​ ​for​ ​my​ ​romantic​ ​moments  ●Explore​ ​exotic​ ​ways​ ​to​ ​intimacy  ●What​ ​new​ ​romantic​ ​clothes​ ​and​ ​garments​ ​I​ ​could​ ​wear                                                                  ​ ​February  ​ ​Week​ ​​ ​1-​ ​8    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​Train​ ​your​ ​bright​ ​mind |       26   |  | | --- | | ●Learn​ ​a​ ​new​ ​organizational​ ​skill​ ​such​ ​as​ ​how​ ​to​ ​organize​ ​your​ ​g-mail,​ ​your​ ​laptop  files,​ ​new​ ​contacts​ ​you​ ​meet,​ ​info​ ​on​ ​the​ ​new​ ​lectures​ ​and​ ​events​ ​I​ ​want​ ​to​ ​attend  /attended,​ ​how​ ​to​ ​create​ ​a​ ​nice​ ​presentation/​ ​book​ ​graphic​ ​design  ●Add​ ​a​ ​new​ ​​ ​rule​ ​in​ ​your​ ​work​ ​routines​ ​that​ ​will​ ​make​ ​your​ ​social​ ​and​ ​creative​ ​work  more​ ​effective-​ ​imagine​ ​different​ ​ways-​ ​for​ ​example​ ​from​ ​now​ ​on​ ​,​ ​I​ ​will​ ​contact  within​ ​a​ ​week​ ​frame​ ​the​ ​new​ ​professional​ ​I​ ​have​ ​met  ●Experiment​ ​playing​ ​a​ ​game​ ​such​ ​as​ ​chess,​ ​​ ​math​ ​game                                                      Financial​ ​well-being  February  Week​ ​​ ​9-16  ●Study​ ​how​ ​to​ ​organize​ ​your​ ​budget  ●Reflect​ ​on​ ​how​ ​to​ ​reduce​ ​unuseful​ ​overall​ ​spendings |       27   |  | | --- | | Write​ ​your​ ​ideas                                                                          February  Week​ ​17-​ ​28    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​Decluttering​ ​-Decorating​ ​Therapy |       28   |  | | --- | | ●Start​ ​decluttering​ ​your​ ​space​ ​and​ ​make​ ​it​ ​more​ ​relaxing​ ​for​ ​​ ​the​ ​mind.  ●Find​ ​a​ ​quiet​ ​and​ ​hidden​ ​place​ ​and​ ​meditate  ●Use​ ​creative​ ​auxiliary​ ​furniture​ ​accessories​ ​​ ​to​ ​organize​ ​your​ ​things  ●Experiment​ ​with​ ​decorating​ ​your​ ​space​ ​with​ ​small​ ​things​ ​that​ ​bring​ ​you​ ​joy.  ●​ ​Purchase​ ​art​ ​objects​ ​from​ ​their​ ​owner​ ​or​ ​an​ ​antique​ ​shop;​ ​benefit​ ​from​ ​meeting  new​ ​people​ ​and​ ​connecting​ ​with​ ​them                                                        March  Week​ ​1-​ ​8    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​Aromatherapy​ ​and​ ​Body​ ​Care |       29   |  | | --- | | Aromatherapy and Body Care  ●Experiment​ ​with​ ​natural​ ​fragrances​ ​and​ ​oils  ●Use​ ​mostly​ ​organic​ ​cosmetics,​ ​soaps​ ​and​ ​detergents,​ ​low​ ​in​ ​toxins  ●​ ​Protect​ ​against​ ​sun​ ​radiation,​ ​by​ ​covering​ ​your​ ​skin​ ​with​ ​long​ ​dresses,​ ​long  sleeves​ ​shirts,​ ​​ ​big​ ​hats,​ ​long​ ​pants​ ​(all​ ​sun​ ​lotions​ ​do​ ​not​ ​protect​ ​as​ ​well​ ​as  staying​ ​under​ ​the​ ​shade)  ●Reflect​ ​about​ ​which​ ​​ ​body​ ​care​ ​relaxes​ ​and​ ​nourishes​ ​your​ ​skin                                                            March  Week​ ​​ ​9-16    Massage |       30   |  | | --- | | Massage​ ​has​ ​been​ ​shown​ ​to​ ​improve​ ​many​ ​dimensions​ ​of​ ​well-being​ ​such​ ​as​ ​emotions,  immunity.    ●Explore​ ​an​ ​exotic​ ​and​ ​attractive​ ​massage​ ​technique​ ​that​ ​you​ ​want​ ​to​ ​use​ ​on​ ​your  loved​ ​one  ●Join​ ​a​ ​massage​ ​workshop​ ​or​ ​purchase​ ​a​ ​​ ​DVD​ ​/​ ​an​ ​online​ ​course  ●Write​ ​about​ ​what​ ​space​ ​you​ ​would​ ​use​ ​for​ ​a​ ​massage​ ​night  ●What​ ​fragrances​ ​and​ ​oils​ ​you​ ​would​ ​use​ ​and​ ​other​ ​romantic​ ​accessories,​ ​music  background  ●How​ ​you​ ​would​ ​dress​ ​up​ ​and​ ​arrange​ ​your​ ​hair                                                March  Week​ ​17-​ ​​ ​24  Spa,​ ​Sauna,​ ​Water​ ​​ ​therapy |       31   |  | | --- | | ​ |                                                   February  Week​ ​17-28    ●Explore​ ​the​ ​local​ ​healing​ ​therapies      32  Learn​ ​about​ ​herbals​ ​from​ ​different​ ​areas,​ ​and​ ​their​ ​medicinal​ ​uses  ●Explore​ ​and​ ​experience​ ​different​ ​medicines​ ​and​ ​healing​ ​beliefs​ ​all​ ​over​ ​the​ ​world    ●Discover​ ​homeopathy​ ​uses​ ​​ ​for​ ​common​ ​ailments​ ​and​ ​chronic​ ​conditions​ ​.This​ ​is  the​ ​fine​ ​esoteric​ ​science​ ​of​ ​healing​ ​based​ ​on​ ​the​ ​​ ​principle​ ​”​ ​likes​ ​cure​ ​likes”​ ​with  infinitesimal​ ​dilutions​ ​and​ ​potions.​ ​It​ ​is​ ​used​ ​all​ ​over​ ​the​ ​world​ ​with​ ​incredible  results.  Wellness and Emotional Well-being  September  Week 25- 31   * Practice mindfulness   We can immerse in watching the beautiful nature on a mountain hike, reflecting about a happy encounter or imagining a relaxing past or future event.  Watching a snow falling, a train passing, a flock of birds flying, the sun setting, listening to the rain, predispose you to a                                                                                                                  15                                                                                                                    December  week​ ​1-8        17  -Get​ ​the​ ​needed​ ​sleep    Sleep​ ​is​ ​good​ ​for​ ​your​ ​brain,​ ​immunity,​ ​emotional​ ​wellness,​ ​memory​ ​and​ ​recovery  processes.​ ​Relaxation​ ​breaks​ ​are​ ​healthful​ ​before​ ​a​ ​fresh​ ​start​ ​.  Sleep​ ​and​ ​naps​ ​are​ ​helpful​ ​in​ ​any​ ​kind​ ​of​ ​stressful​ ​impairment.​ ​Amount​ ​of​ ​sleep​ ​for​ ​an  adult​ ​should​ ​be​ ​around​ ​7​ ​hours.​ ​Getting​ ​too​ ​much​ ​sleep​ ​can​ ​be​ ​unhealthful.    Reflect​ ​and​ ​write​ ​on​ ​how​ ​to​ ​get​ ​a​ ​more​ ​balanced​ ​and​ ​restful​ ​your​ ​sleep                                                                  18                    December  ​ ​week​ ​9-16    ●Care​ ​for​ ​animals    Pets​ ​are​ ​a​ ​good​ ​resource​ ​for​ ​emotional​ ​well-being.​ ​They​ ​can​ ​be​ ​healing​ ​for​ ​you​ ​​ ​as​ ​well  as​ ​you​ ​can​ ​be​ ​healing​ ​for​ ​them.    This​ ​week​ ​give​ ​extra​ ​care​ ​to​ ​your​ ​pet-​ ​or​ ​to​ ​a​ ​pet​ ​in​ ​need-​ ​do​ ​what​ ​it​ ​takes​ ​to​ ​give  comfort​ ​to​ ​your​ ​beloved​ ​pet​ ​or​ ​visit​ ​a​ ​shelter​ ​in​ ​your​ ​area​ ​and​ ​see​ ​how​ ​you​ ​can​ ​be​ ​useful  there,​ ​maybe​ ​engage​ ​in​ ​volunteering​ ​​ ​such​ ​as​ ​feeding,​ ​walking​ ​a​ ​pet​ ​,​ ​fostering​ ​,​ ​adopting  or​ ​sponsoring​ ​the​ ​animal​ ​shelter                                            19                                      Wellness​ ​and​ ​social​ ​well-being    December  Week​ ​17-24    ●Commit​ ​time​ ​to​ ​friends,​ ​groups,​ ​missions​ ​and​ ​organizations​ ​that​ ​matter​ ​to​ ​you​ ​,  honour​ ​them​ ​on​ ​a​ ​regular​ ​basis  ●write​ ​how​ ​you​ ​want​ ​to​ ​spend​ ​time​ ​with​ ​them  ●Invest​ ​creatively​ ​in​ ​your​ ​close​ ​relationships​ ​and​ ​initiate​ ​interesting​ ​getaways​ ​with  them  ●Reflect​ ​on​ ​some​ ​getaways​ ​with​ ​your​ ​loved​ ​ones                                20                                                  December  ​ ​​ ​​ ​Week​ ​25-31  ●Reflect​ ​about​ ​a​ ​​ ​cause​ ​you​ ​like​ ​to​ ​involve​ ​in    By​ ​volunteering​ ​or​ ​working​ ​in​ ​the​ ​field​ ​of​ ​your​ ​interest​ ​​ ​in​ ​different​ ​places​ ​of​ ​the​ ​world,  you​ ​grow​ ​into​ ​a​ ​better​ ​person​ ​and​ ​get​ ​a​ ​wider​ ​perspective​ ​about​ ​the​ ​whole​ ​planet​ ​and​ ​its  priorities.​ ​You​ ​also​ ​experience​ ​new​ ​ways​ ​of​ ​well-being​ ​and​ ​healthy​ ​environments​ ​.    Create​ ​an​ ​initiative​ ​​ ​or​ ​involve​ ​in​ ​existent​ ​community​ ​projects    Help​ ​with​ ​money​ ​a​ ​cause​ ​or​ ​an​ ​organization​ ​or​ ​get​ ​involved​ ​in​ ​collecting​ ​money​ ​for​ ​them-  write​ ​the​ ​names​ ​of​ ​one​ ​or​ ​few​ ​organizations​ ​you​ ​would​ ​like​ ​to​ ​get​ ​involved​ ​with    Write​ ​the​ ​names​ ​of​ ​some​ ​charity​ ​projects​ ​that​ ​you​ ​are​ ​interested​ ​in,​ ​their​ ​schedules​ ​and  the​ ​times​ ​when​ ​you​ ​will​ ​commit          21  ●Practice​ ​compassion​ ​-​ ​Compassion​ ​builds​ ​the​ ​base​ ​for​ ​meaningful​ ​relationships  ●Reflect​ ​on​ ​the​ ​compassion​ ​your​ ​relationships​ ​need  ●Experience​ ​​ ​living​ ​arrangements​ ​with​ ​other​ ​peers​ ​that​ ​have​ ​similar​ ​philosophy​ ​or  occupations  ●Plan​ ​,​ ​if​ ​necessary,​ ​​ ​a​ ​new​ ​living​ ​arrangement​ ​that​ ​would​ ​include​ ​your​ ​loved​ ​ones  and​ ​people​ ​you​ ​co             Wellness​ ​and​ ​physical​ ​well-being      January      22  Week​ ​1-8    ●Be​ ​physically​ ​active    Breathe​ ​and​ ​Move​ ​Often!​ ​​ ​Move​ ​at​ ​your​ ​comfort​ ​pace​ ​!​ ​Movement​ ​is​ ​good​ ​for​ ​your​ ​lungs  and​ ​endurance​ ​Be​ ​active​ ​and​ ​mobile​ ​as​ ​you​ ​age!  ●Start​ ​using​ ​a​ ​fitness​ ​app​ ​or​ ​watch​ ​to​ ​motivate​ ​you​ ​!    ●Experience​ ​spending​ ​time​ ​outdoors​ ​with​ ​a​ ​friend,​ ​family​ ​or​ ​a​ ​group!​ ​Nature​ ​is​ ​an  abundant​ ​resource,​ ​healthful​ ​for​ ​the​ ​soul,​ ​mind​ ​​ ​and​ ​body!    ●Start​ ​stretch​ ​and​ ​balance​ ​exercises​ ​weekly​ ​to​ ​enforce​ ​your​ ​flexibility,​ ​balance!    ●Lifting​ ​low​ ​weights​ ​and​ ​activities​ ​with​ ​physical​ ​​ ​impact​ ​​ ​such​ ​as​ ​walking,​ ​jogging,  hiking,​ ​​ ​volleyball​ ​are​ ​good​ ​for​ ​the​ ​bones.    ●Reflect​ ​and​ ​write​ ​about​ ​the​ ​ways​ ​to​ ​bring​ ​​ ​new​ ​physical​ ​activities​ ​in​ ​your​ ​life    A​ ​wellness,​ ​health​ ​coach​ ​or​ ​fitness​ ​trainer​ ​are​ ​a​ ​great​ ​investment​ ​to​ ​make!                                    January  week​ ​9-16    Occupational​ ​wellness      23    Reflect​ ​and​ ​Write​ ​about​ ​ways​ ​you​ ​could​ ​improve​ ​your​ ​well-being​ ​at​ ​work    ●Stretch​ ​your​ ​​ ​body​ ​and​ ​get​ ​up​ ​from​ ​your​ ​desk​ ​every​ ​50​ ​min  ●Take​ ​care​ ​of​ ​​ ​good​ ​desk​ ​ergonomics.  ●Decorate​ ​your​ ​corner​ ​in​ ​mindful​ ​way  ●Be​ ​physically​ ​active​ ​during​ ​work​ ​time-​ ​take​ ​the​ ​stairs​ ​instead​ ​of​ ​the​ ​elevator,​ ​go  for​ ​a​ ​walk/​ ​run/swim/play​ ​during​ ​the​ ​lunch​ ​break​ ​with​ ​colleagues​ ​or​ ​by​ ​yourself  ●Meditate​ ​on​ ​lunch​ ​breaks  ●Have​ ​meaningful,​ ​intentional​ ​,​ ​quality​ ​conversations​ ​with​ ​colleagues​ ​and​ ​clients  ●Create​ ​new​ ​ways​ ​that​ ​maximize​ ​your​ ​work,​ ​represent​ ​you​ ​​ ​and​ ​​ ​benefit​ ​​ ​the  process-​ ​bring​ ​new​ ​insights​ ​in​ ​a​ ​compasisionate​ ​way  ●Get​ ​a​ ​healthy​ ​lunch​ ​and​ ​healthy​ ​snacks  ●Protect​ ​yourself​ ​and​ ​your​ ​​ ​business​ ​from​ ​hazards:  -when​ ​working​ ​​ ​at​ ​altitude​ ​protect​ ​yourself​ ​​ ​with​ ​a​ ​safety​ ​belt​ ​and​ ​helmet  -when​ ​working​ ​with​ ​equipments​ ​that​ ​make​ ​high​ ​levels​ ​​ ​of​ ​noise,​ ​protect​ ​yourself​ ​by  wearing​ ​professional​ ​earphones  -when​ ​working​ ​with​ ​dust​ ​or​ ​fine​ ​particles,​ ​wear​ ​a​ ​professional​ ​mask  -protect​ ​yourself​ ​against​ ​lifting​ ​heavy​ ​weights,​ ​bending,​ ​reaching​ ​overhead,  pushing​ ​and​ ​pulling​ ​heavy​ ​loads,​ ​working​ ​in​ ​awkward​ ​body​ ​postures​ ​and  performing​ ​the​ ​same​ ​or​ ​similar​ ​tasks​ ​repetitively​ ​for​ ​long​ ​periods​ ​of​ ​time.  -  -                January  Week​ ​17-24  ●​ ​Eat​ ​Healthy  Healthy​ ​eating​ ​starts​ ​with​ ​healthy​ ​purchasing​ ​of​ ​fresh​ ​foods​ ​and​ ​healthily​ ​cooking​ ​them.  The​ ​list​ ​​ ​‘Clean​ ​15’​ ​(​ ​with​ ​lower​ ​levels​ ​of​ ​pesticides)​ ​veggies​ ​includes​ ​the​ ​onions,      24  avocados,​ ​sweet​ ​corn,​ ​pineapples,​ ​mangoes,​ ​sweet​ ​peas,​ ​asparagus,​ ​kiwi​ ​fruit,  cabbage,​ ​eggplant,​ ​cantaloupe,​ ​watermelon,​ ​grapefruit,​ ​sweet​ ​potatoes,​ ​and​ ​sweet  onions.  ●Purchase​ ​more​ ​natural​ ​,​ ​fresh,​ ​​ ​local,organic​ ​foods​ ​!​ ​Natural​ ​foods​ ​are​ ​:  vegetables,​ ​fruits,​ ​seeds,​ ​nuts,​ ​lentils,​ ​beans,  ●Consume​ ​​ ​less​ ​packaged,​ ​and​ ​less​ ​processed​ ​foods!​ ​Take​ ​with​ ​you​ ​healthy  snacks​ ​.Dry​ ​fruits,​ ​seeds​ ​and​ ​nuts​ ​are​ ​very​ ​good​ ​options.  ●Cook​ ​your​ ​own​ ​foods​ ​in​ ​simple,​ ​healthy​ ​and​ ​creative​ ​ways!  Food​ ​making​ ​can​ ​become​ ​an​ ​activity​ ​that​ ​offers​ ​comfort​ ​and​ ​pleasure.    ●Be​ ​modest​ ​with​ ​the​ ​amounts​ ​of​ ​salt​ ​and​ ​oil​ ​you​ ​use​ ​in​ ​your​ ​dishes,​ ​drizzling​ ​or​ ​not  using​ ​it​ ​at​ ​all​ ​​ ​to​ ​be​ ​the​ ​rule​ ​of​ ​thumb.  ●Decrease​ ​amount​ ​of​ ​animal​ ​fats​ ​and​ ​consumption​ ​of​ ​fatty​ ​meat    Reflect​ ​and​ ​write​ ​about​ ​all​ ​the​ ​options​ ​that​ ​you​ ​will​ ​implement​ ​to​ ​make​ ​your​ ​eating​ ​pattern  healthier                            ​ ​​ ​January  Week​ ​24-​ ​31    ●​ ​​ ​Reflect​ ​and​ ​write​ ​about​ ​how​ ​to​ ​make​ ​your​ ​love​ ​life​ ​happier    ●Experiment​ ​a​ ​sensual​ ​skill​ ​to​ ​spice​ ​up​ ​your​ ​intimate​ ​relationship      25  ●Imagine​ ​about​ ​a​ ​way​ ​to​ ​blow​ ​the​ ​mind​ ​with​ ​a​ ​romantic​ ​surprise​ ​of​ ​your​ ​loved​ ​one  today,​ ​this​ ​week,​ ​this​ ​month  ●What​ ​new​ ​tunes​ ​I​ ​can​ ​use​ ​for​ ​my​ ​romantic​ ​moments  ●Explore​ ​exotic​ ​ways​ ​to​ ​intimacy  ●What​ ​new​ ​romantic​ ​clothes​ ​and​ ​garments​ ​I​ ​could​ ​wear                                                                  ​ ​February  ​ ​Week​ ​​ ​1-​ ​8    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​Train​ ​your​ ​bright​ ​mind        26  ●Learn​ ​a​ ​new​ ​organizational​ ​skill​ ​such​ ​as​ ​how​ ​to​ ​organize​ ​your​ ​g-mail,​ ​your​ ​laptop  files,​ ​new​ ​contacts​ ​you​ ​meet,​ ​info​ ​on​ ​the​ ​new​ ​lectures​ ​and​ ​events​ ​I​ ​want​ ​to​ ​attend  /attended,​ ​how​ ​to​ ​create​ ​a​ ​nice​ ​presentation/​ ​book​ ​graphic​ ​design  ●Add​ ​a​ ​new​ ​​ ​rule​ ​in​ ​your​ ​work​ ​routines​ ​that​ ​will​ ​make​ ​your​ ​social​ ​and​ ​creative​ ​work  more​ ​effective-​ ​imagine​ ​different​ ​ways-​ ​for​ ​example​ ​from​ ​now​ ​on​ ​,​ ​I​ ​will​ ​contact  within​ ​a​ ​week​ ​frame​ ​the​ ​new​ ​professional​ ​I​ ​have​ ​met  ●Experiment​ ​playing​ ​a​ ​game​ ​such​ ​as​ ​chess,​ ​​ ​math​ ​game                                                      Financial​ ​well-being  February  Week​ ​​ ​9-16  ●Study​ ​how​ ​to​ ​organize​ ​your​ ​budget  ●Reflect​ ​on​ ​how​ ​to​ ​reduce​ ​unuseful​ ​overall​ ​spendings      27    Write​ ​your​ ​ideas                                                                          February  Week​ ​17-​ ​28    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​Decluttering​ ​-Decorating​ ​Therapy      28    ●Start​ ​decluttering​ ​your​ ​space​ ​and​ ​make​ ​it​ ​more​ ​relaxing​ ​for​ ​​ ​the​ ​mind.  ●Find​ ​a​ ​quiet​ ​and​ ​hidden​ ​place​ ​and​ ​meditate  ●Use​ ​creative​ ​auxiliary​ ​furniture​ ​accessories​ ​​ ​to​ ​organize​ ​your​ ​things  ●Experiment​ ​with​ ​decorating​ ​your​ ​space​ ​with​ ​small​ ​things​ ​that​ ​bring​ ​you​ ​joy.  ●​ ​Purchase​ ​art​ ​objects​ ​from​ ​their​ ​owner​ ​or​ ​an​ ​antique​ ​shop;​ ​benefit​ ​from​ ​meeting  new​ ​people​ ​and​ ​connecting​ ​with​ ​them                                                        March  Week​ ​1-​ ​8    ​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​​ ​Aromatherapy​ ​and​ ​Body​ ​Care      29    ●Experiment​ ​with​ ​natural​ ​fragrances​ ​and​ ​oils  ●Use​ ​mostly​ ​organic​ ​cosmetics,​ ​soaps​ ​and​ ​detergents,​ ​low​ ​in​ ​toxins  ●​ ​Protect​ ​against​ ​sun​ ​radiation,​ ​by​ ​covering​ ​your​ ​skin​ ​with​ ​long​ ​dresses,​ ​long  sleeves​ ​shirts,​ ​​ ​big​ ​hats,​ ​long​ ​pants​ ​(all​ ​sun​ ​lotions​ ​do​ ​not​ ​protect​ ​as​ ​well​ ​as  staying​ ​under​ ​the​ ​shade)  ●Reflect​ ​about​ ​which​ ​​ ​body​ ​care​ ​relaxes​ ​and​ ​nourishes​ ​your​ ​skin                                                            March  Week​ ​​ ​9-16    Massage      30    Massage​ ​has​ ​been​ ​shown​ ​to​ ​improve​ ​many​ ​dimensions​ ​of​ ​well-being​ ​such​ ​as​ ​emotions,  immunity.    ●Explore​ ​an​ ​exotic​ ​and​ ​attractive​ ​massage​ ​technique​ ​that​ ​you​ ​want​ ​to​ ​use​ ​on​ ​your  loved​ ​one  ●Join​ ​a​ ​massage​ ​workshop​ ​or​ ​purchase​ ​a​ ​​ ​DVD​ ​/​ ​an​ ​online​ ​course  ●Write​ ​about​ ​what​ ​space​ ​you​ ​would​ ​use​ ​for​ ​a​ ​massage​ ​night  ●What​ ​fragrances​ ​and​ ​oils​ ​you​ ​would​ ​use​ ​and​ ​other​ ​romantic​ ​accessories,​ ​music  background  ●How​ ​you​ ​would​ ​dress​ ​up​ ​and​ ​arrange​ ​your​ ​hair  March  Week​ ​17-​ ​​ ​24  Spa,​ ​Sauna,​ ​Water​ ​​ ​therapy        31  ​ ​All​ ​the​ ​water​ ​therapies​ ​are​ ​relaxing​ ​,​ ​energizing​ ​and​ ​​ ​inspiring.  ●​ ​Imagine​ ​now​ ​a​ ​way​ ​to​ ​introduce​ ​a​ ​water​ ​therapy​ ​in​ ​your​ ​routine  ●Taking​ ​a​ ​bath​ ​while​ ​listening​ ​to​ ​your​ ​relaxing​ ​music​ ​and​ ​using​ ​your​ ​favorite​ ​body  wash  ●Adding​ ​natural​ ​powders​ ​to​ ​your​ ​bath                                                            February  Week​ ​17-28    ●Explore​ ​the​ ​local​ ​healing​ ​therapies      Learn​ ​about​ ​herbals​ ​from​ ​different​ ​areas,​ ​and​ ​their​ ​medicinal​ ​uses  ●Explore​ ​and​ ​experience​ ​different​ ​medicines​ ​and​ ​healing​ ​beliefs​ ​all​ ​over​ ​the​ ​world    ●Discover​ ​homeopathy​ ​uses​ ​​ ​for​ ​common​ ​ailments​ ​and​ ​chronic​ ​conditions​ ​.This​ ​is  the​ ​fine​ ​esoteric​ ​science​ ​of​ ​healing​ ​based​ ​on​ ​the​ ​​ ​principle​ ​”​ ​likes​ ​cure​ ​likes”​ ​with  infinitesimal​ ​dilutions​ ​and​ ​potions.​ ​It​ ​is​ ​used​ ​all​ ​over​ ​the​ ​world​ ​with​ ​incredible  results.  October  Week 1- 8   * Avoid stressors   Reduce to a minimum activities, environments and people that stress you.  Journal on what stresses you during a day, a week, a year. Write about options to destress , the times of the week you will commit and for how long, In addition to that, increase your enjoyable personal Time.  October  Week 9-16   * Practice Gratitude   Write in your journal at night the new positive things that have happened to you during the past day or recently.   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Day Day of the  of the  Week Week | Study-  Work | Community- - family  -friends | Nature  enjoying experiences | Uplifting  experiences | Material Comforts-  blessings | | Monday |  |  |  |  |  | | Tuesday |  |  |  |  |  | | Wednesday |  |  |  |  |  | | Thursday |  |  |  |  |  | | Friday |  |  |  |  |  | | Saturday |  |  |  |  |  | | Sunday |  |  |  |  |  |   October  Week 17-21  Art Therapy   * Join a painting- writing-poetry group * Visit an art museum or purchase an art object * Decorate a corner of your house or garden with inspiring pieces of art * Paint a rock to decorate the yard or a canvas to offer to someone * Start a music -dance hobby * Start journaling creative ideas   Painting, writing, poetry, music and dance are beneficial for emotional, and physical well-being  November  week 9- 16   * Experience gardening   Gardening is a way to feel better with one’s emotions. Gardening plants, flowers, bushes and trees, outdoor or indoor is therapeutic.  Start gardening some herbs, flowers or medicinal plants in your backyard, kitchen or patio.  Join a community garden, a family- friend’s garden or an organic farm to experience gardening and see which you like doing the most: picking the fruits -veggies from the soil, planting the seeds, building up the flower / vegetable beds, or just watching them doing it and enjoying the company.   * Learn about ecological farming   December  week 1-8   * Get the needed sleep   Sleep is good for your brain, immunity, emotional wellness, memory and recovery processes. Relaxation breaks are healthful before a fresh start .  Sleep and naps are helpful in any kind of stressful impairment. Amount of sleep for an adult should be around 7 hours. Getting too much sleep can be unhealthful.  Reflect and write on how to get a more balanced and restful your sleep  December  week 9-16   * Care for animals   Pets are a good resource for emotional well-being. They can be healing for you as well as you can be healing for them.  This week give extra care to your pet- or to a pet in need- do what it takes to give comfort to your beloved pet or visit a shelter in your area and see how you can be useful there, maybe engage in volunteering such as feeding, walking a pet , fostering , adopting or sponsoring the animal shelter  December  Week 17-24   * Commit time to friends, groups, missions and organizations that matter to you , honour them on a regular basis * write how you want to spend time with them * Invest creatively in your close relationships and initiate interesting getaways with them * Reflect on some getaways with your loved ones * December   Week 25-31   * Reflect about a cause you like to involve in   By volunteering or working in the field of your interest in different places of the world, you grow into a better person and get a wider perspective about the whole planet and its priorities. You also experience new ways of well-being and healthy environments .  Create an initiative or involve in existent community projects  Help with money a cause or an organization or get involved in collecting money for them- write the names of one or few organizations you would like to get involved with  Write the names of some charity projects that you are interested in, their schedules and the times when you will commit   * Practice compassion - Compassion builds the base for meaningful relationships * Reflect on the compassion your relationships need * Experience living arrangements with other peers that have similar philosophy or occupations * Plan , if necessary, a new living arrangement that would include your loved ones and people you connect with * Write your plan   January  Week 1-8   * Be physically active   Breathe and Move Often! Move at your comfort pace ! Movement is good for your lungs and endurance Be active and mobile as you age!   * Start using a fitness app or watch to motivate you ! * Experience spending time outdoors with a friend, family or a group! Nature is an abundant resource, healthful for the soul, mind and body! * Start stretch and balance exercises weekly to enforce your flexibility, balance! * Lifting low weights and activities with physical impact such as walking, jogging, hiking, volleyball are good for the bones. * Reflect and write about the ways to bring new physical activities in your life   A wellness, health coach or fitness trainer are a great investment to make  January  week 9-16  Occupational wellness  Reflect and Write about ways you could improve your well-being at work   * Stretch your body and get up from your desk every 50 min * Take care of good desk ergonomics. * Decorate your corner in mindful way * Be physically active during work time- take the stairs instead of the elevator, go for a walk/ run/swim/play during the lunch break with colleagues or by yourself * Meditate on lunch breaks * Have meaningful, intentional , quality conversations with colleagues and clients * Create new ways that maximize your work, represent you and benefit the process- bring new insights in a compasisionate way * Get a healthy lunch and healthy snacks * Protect yourself and your business from hazards: * when working at altitude protect yourself with a safety belt and helmet * when working with equipments that make high levels of noise, protect yourself by wearing professional earphones * when working with dust or fine particles, wear a professional mask * protect yourself against lifting heavy weights, bending, reaching overhead, pushing and pulling heavy loads, working in awkward body postures and performing the same or similar tasks repetitively for long periods of time. * January   Week 17-24   * Eat Healthy   Healthy eating starts with healthy purchasing of fresh foods and healthily cooking them. The list ‘Clean 15’ ( with lower levels of pesticides) veggies includes the onions, avocados, sweet corn, pineapples, mangoes, sweet peas, asparagus, kiwi fruit, cabbage, eggplant, cantaloupe, watermelon, grapefruit, sweet potatoes, and sweet onions.   * Purchase more natural , fresh, local,organic foods ! Natural foods are : vegetables, fruits, seeds, nuts, lentils, beans, * Consume less packaged, and less processed foods! Take with you healthy snacks .Dry fruits, seeds and nuts are very good options. * Cook your own foods in simple, healthy and creative ways!   Food making can become an activity that offers comfort and pleasure.     * Be modest with the amounts of salt and oil you use in your dishes, drizzling or not using it at all to be the rule of thumb. * Decrease amount of animal fats and consumption of fatty meat   Reflect and write about all the options that you will implement to make your eating pattern healthier  January  Week 24- 31   * Reflect and write about how to make your loving life happier * Experiment a sensual skill to spice up your intimate relationship * Imagine about a way to blow the mind with a romantic surprise of your loved one today, this week, this month * What new tunes I can use for my romantic moments * Explore exotic ways to intimacy * What new romantic clothes and garments I could wear   February  Week 1- 8  Train your bright mind   * Learn a new organizational skill such as how to organize your g-mail, your laptop files, new contacts you meet, info on the new lectures and events I want to attend /attended, how to create a nice presentation/ book graphic design * Add a new rule in your work routines that will make your social and creative work more effective- imagine different ways- for example from now on , I will contact within a week frame the new professional I have met * Experiment playing a game such as chess, math games   Financial well-being  February  Week 9-16   * Study how to organize your budget * Reflect on how to reduce unuseful overall spendings   Write your ideas    February  Week 17- 28  Decluttering -Decorating Therapy   * Start decluttering your space and make it more relaxing for the mind. * Find a quiet and hidden place and meditate * Use creative auxiliary furniture accessories to organize your things * Experiment with decorating your space with small things that bring you joy. * Purchase art objects from their owner or an antique shop; benefit from meeting new people and connecting with them   March  Week 1- 8  Aromatherapy and Body Care   * Experiment with natural fragrances and oils * Use mostly organic cosmetics, soaps and detergents, low in toxins * Protect against sun radiation, by covering your skin with long dresses, long sleeves shirts, big hats, long pants (all sun lotions do not protect as well as staying under the shade) * Reflect about which body care relaxes and nourishes your skin   March  Week 9-16  March  Week 17- 24  Water therapy  All the water therapies are relaxing , energizing and inspiring.   * Imagine now a way to introduce a water therapy in your routine * Taking a bath while listening to your relaxing music and using your favorite body wash * Adding natural powders to your bath   Massage has been shown to improve many dimensions of well-being such as emotions, immunity.  Join a massage workshop |
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February

Week 17-28

* Explore the local healing therapies

Learn about herbals from different areas, and their medicinal uses

* Explore and experience different medicines and healing beliefs all over the world
* Discover homeopathy uses for common ailments and chronic conditions .This is the fine esoteric science of healing based on the principle ” likes cure likes” with infinitesimal dilutions and potions. It is used all over the world with incredible results.

March

Week 1-8

Ballet and Yoga

Ballet and Yoga are therapeutic because they teach you balance , flexibility and the art of movement.

* Start stretching at home regularly for short times, preferable after exercise or a hot shower, following the set of poses you already learned, professional yoga videos or a book, possibly while listening to your favorite tunes
* Experiment with attending a yoga class or a ballet workshop
* Write about your impressions about it and which you enjoyed the most

March

Week 9-16

Sound and music healing

* Start reflecting about what music, nature sounds, instruments sounds and songs you enjoy listening and create a list to listen
* Include music in your routine to get you inspired, happy and energized
* Listen to tunes from exotic places: list the ones you are attracted the most
* Explore what musical events you have coming in your town and list one you would like to attend together with your close one

March

Week 24-31

Ocean, Sea and Sun Therapy

Both ocean and sea therapy have been proven effective in increasing immunity and preventing upper respiratory infections. The salty air inhaled, the salt absorbed in the skin, waves soothing your emotions and mind, all benefit your well-being.

* Schedule an ocean /sea getaway with your family, kids or friend (s ) at least once a year for a week or so

Sun is beneficial to our mood and vitamin D production that has been linked to bones health as well as immunity .

Nowadays we have to be cautious to too much sun exposure, by avoiding to directly expose our skin during peak hours for long time and covering our bodies.

* Get regular mild sun exposure on your balcony, backyard, and in nature while meditating in the morning, having your coffee , taking a refreshing break at work or gardening your favorite patio corner

April

Week 1-8

Experiment with landscaping

Initiate a decorative project in your yard or neighborhood- planting a bush, trees, flowers, arranging and painting rocks….

Spa, Sauna, Water therapy

Thermal springs therapy

Thermal springs therapy is a therapy that is used frequently in Europe for digestive, neurologic osteo, circulatory, fertility and other purposes.

April

Week 9-16

April

Week 24-30

Environmental Well-being

means to be in harmony with the environment in order to protect your well-being.That implies to refrain from polluting others and the environment, to actively engage in preserving the nature by involving in environmental causes and organizations.

* Protect and educate yourself, your family against the toxins in soil, foods, water, air;
* Filter the water, air,
* Recycle all materials, selecting them in glass, cans, plastic, cardboards, papers.
* Protect against high amount of medical radiation- inquire always about the necessity of imaging and ask your doctor for the least needed radiative investigation
* Protect against dust, fumes, toxic inhalants and smoke,

Plan your work in the morning or late afternoon when the sun is lower in the sky, especially if you have to stay long hours in the sun,otherwise you can easily develop malignant skin lesions, that is why you have to see a doctor for a skin check up yearly if you work in too much sun. Sunscreen Should Be Your Last Resort

* Keep infants in the shade or under a shelter , reducing the radiation and risk for multiple burns by 30%
* Protect your eyes by using sunglasses against UV radiation.
* Reduce EMF ( electrical magnetical field) exposure, such as from mobile cell phones, cordless phones along with their base stations, wi-fi devices/ routers, microwave ovens, television and radio transmitters, **especially before bedtime and in the bedroom-** they have been shown to have potential negative effects on disrupting cellular function, sleep, mood and overall health. Be aware of your EMF exposure in your area.

June

June

Week

Mindfulness Practice

You can immerse in watching the beautiful nature on a mountain hike, reflect about a happy event or imagine a satisfying achievement.

Watching the snow falling, a train passing, a flock of birds flying, the sun setting, the rain dropping make you mindful and relaxed.

* List the events that relaxed you and plan to immerse again in the following days/ week

May

Week 24-30

Ocean, Sea and Sun Therapy

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Nowadays we have to be cautious to too much sun exposure, by avoiding to directly expose our skin during peak hours for long time and covering our bodies.

* Get regular mild sun exposure on your balcony, backyard, and in nature while meditating in the morning, having your coffee , taking a refreshing break at work or gardening your favorite patio corner

Week 1-8

Environmental wellness

* Learn what environmental causes, projects, groups, organizations are in your town and get involved on a weekly basis
* Later you may initiate an environmental project of your own
* See what friends can join you

June

Week 17-24

June

Week 25-30

July

Week 1-8

July

Week 9-16

July

Week 17-24

Travel Therapy

Travel to different parts of the world connects you with life patterns and positive beliefs of others, while you have the opportunity to share your good values.

* Schedule at least every 3 months a getaway, national and/or international with work or for fun
* Go on an ecological touristic getaway or in an ecological project trip

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| July  Week 25-31 |