

# THRIVE 365

## Resiliency Calendar

Activities and tips to support your well-being and stress management

### JANUARY

*Mindful Beginnings*

- Weekly guided meditation sessions
  - [uclahealth.org/marc](http://uclahealth.org/marc)
  - [insighttimer.com](http://insighttimer.com)
  - [mindful.org](http://mindful.org)
- [Gratitude journaling challenge](#) (write down 3 things after each shift for 2 weeks)
- [Nutrition workshop](#)

### FEBRUARY

*Heart Health & Connection*

- Heart health awareness
- Join an [Inclusion Group](#) or [Schwartz Round](#)
- [Heart Healthy Recipes](#)
- [Request a Movement Break](#)
- Healthy Habits Challenge

### MARCH

*Stress Less, Live More*

- [5 minute stress release](#)
- [Yoga/stretching breaks](#)
- [“Unplug for an Hour”](#) challenge (no phone or email during one break per shift)
- [Nutrition Coaching](#)
- [Stress Catcher](#)

### APRIL

*Flourishing Together*

- Resiliency [webinars](#) from Spiritual Care and Counseling
- Organize a Nature walk
  - [Alltrails.com](http://Alltrails.com)
  - [Walking Trails](#)
  - [Active Alamance](#)
- [Financial Wellness Webinars](#)
- Create a photo board of healthy habits

### MAY

*Mental Health Matters*

- [Mental health resources](#)
- [EACP](#) and [Talkspace](#) spotlight
- Mindfulness Mondays
- [Coloring Sheets](#)
- [Gratitude Jar](#)

### JUNE

*Strong Body Strong Mind*

- Step challenge
- [Nourishing Minds](#) class
- [Group Exercise Class](#)
- [Hydration challenge](#)

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### JULY

*Finding Fun in the Everyday*

- Staff appreciation picnic (outdoor lunch with games and music)
- Painting or aromatherapy in the lounge
- [Laughter yoga session](#) during shift change

### AUGUST

*The Power of Pause*

- [Getting a Good Night Sleep](#) Webinar
- [Power of Pause](#): How 5 minutes can reset your shift
- Quiet room availability (list of relaxation chairs)
- [Guided relaxation recordings](#) and [here](#)

### SEPTEMBER

*Building Resilient Skills*

- [Spiritual Care & Counseling Resiliency workshops](#)
- [Career Development Center](#)
- Shared Gratitude Wall: boost team morale and positive emotions
- [Gratitude Journal](#)

### OCTOBER

*Caring for the inner-self*

- [Gratitude Exercises](#)
- [Meditation and Mindfulness](#) videos
- [CHeeRs](#)

### NOVEMBER

*Gratitude & Giving*

- [Simple Ways to Practice Gratitude](#)
- Volunteer opportunities
- [Staff recognition awards](#)

### DECEMBER

*Closing the Year with Care*

- End-of-year reflection workshop (e.g., guided journaling and group discussion on lessons learned)
- [Holiday stress management tips](#)
- Healthy Habits Challenge