

LIVE WELL. BE WELL.

31 WAYS TO LIVE WELL IN 2021

PRACTICE BEING INTENTIONAL ~ SELF CARE MATTERS

Below are 31 simple ways to Live Well as we head into 2021. Make self care a priority for you and your Pack. Try to accomplish as many of these as possible to recharge and keep self care as a priority. Remember YOU MATTER. Check the boxes on this calendar to ensure that you are a priority. No prescribed order other than Day 1.

DAY 1

Plan to Succeed

Decide to spend 5 to 10 minutes a day on yourself over the next 30 days. [Schedule the time](#) in your calendar and honour it.

DAY 7

Silver Linings

Let 2020 be remembered as the year that you_____. Share your responses with 2 friends & get them to respond.

DAY 12

Play!

Bring out the child in you. Have a snowball fight, build a snowman and/or create snow angels.

DAY 17

Practice Forgiveness

Let go of what's happened in the past and make a choice about how to respond to yourself or others in a kind and sensitive way.

DAY 22

Live with Humanity

You never know what someone else is going through. Smile at strangers as you walk passed them today. Maybe even say "hello" from 2m away!

DAY 27

Be Still and do Nothing

Focus on spending 30 minutes today on doing absolutely nothing. What do you feel? What do you hear? Focus in on yourself. Practice mindfulness.

DAY 2

Think Back. Look Ahead.

Reflect on and list 3 positive changes you've made since the start of the pandemic. What have you noticed?



DAY 18

Be Positive

Write down three positive words affirming who you are. For instance: I am generous, brave and have a great sense of humor.

DAY 23

Support Local

Consider supporting your favorite, local business. They deserve your support and need it now more than ever!

DAY 28

Connect with your Pack

Pick up your phone, send a Zoom invite, find a way to connect with your people.

DAY 3

Get Active Outside

Bundle up! Grab your hat and mitts and get the blood flowing. Go tobogganing or ice skating.

DAY 8

Be a Snow Angel

While out shovelling your sidewalk include your neighbour's walk too. A little kindness goes a long way.

DAY 13

Grab a Good (Audio)Book

Carve out time today to read or listen for pleasure...not for work! Books are a gift, let's embrace it.

DAY 19

Stress Bust

What's stressing you today? Recognize it...go for a walk, talk about it or do what brings you joy.

DAY 24

Send a Thank You Note

Draft a note and send it to someone special. Describe why you are grateful for them, and what makes them special.

DAY 29

Pay It Forward

Perform small acts of kindness. Smile at a stranger, share something you love with a friend, make someone's day.

DAY 4

Practice Saying No

Know your limits and set healthy boundaries for yourself. Practice saying no, or, at least, not now.

DAY 9

Take Care of Your Body

Spend time finding and testing out a new recipe or try a new takeout place.

DAY 14

Creativity Rules

Tap into your creativity today by pulling out your camera, doodling, making a picture collage, etc.

DAY 20

Movie Time

Put on your favourite movie and enjoy it with popcorn and your favourite candy.

DAY 25

Host a Games Night

Connect with the people in your cohort or online and play your favourite game.

DAY 30

Be a Heart Warrior

Book an appointment to give blood in February. Join the Wolfe Pack Warriors team at Canadian Blood Services.

DAY 5

Celebrating Success

Reflect on something you are proud of. Name it! Today is the day to celebrate your achievement. Enjoy a favourite treat or beverage.

DAY 10

Get More Sleep

Sleep helps your mind and body rest. Try and get to bed at 9:00pm tonight, or don't set an alarm for the weekend.

DAY 15

Gratitude Day

List at least 8 things that you are grateful for today. Count your gratuities big or small.



Your Mental Health is a Priority

1-877-303-2642

YOU CAN CALL ALBERTA HEALTH SERVICES 24/7
IT IS A CONFIDENTIAL SERVICE

DAY 6

Pause the Chatter

Spend the day away from social media. Focus on yourself and make connections with those around you.

DAY 11

Commit to your Passion

Do something you love today. Maybe online Yoga? A walk? Pick something that brings you joy.

DAY 16

Get Active

Start where you are most comfortable. Run. Walk. Stretch. Get your body in motion for at least 30 minutes today

DAY 21

Reject Negativity

Take time today to clear your mind of any "can'ts". Write them down on a piece of paper, crumple it up and throw it in the trash.

DAY 26

Show Compassion

When someone pays you a compliment, accept it with grace. Send an email, make a phone call to compliment a friend/colleague/family member.

DAY 31

Self Reflection

Now that you've completed this calendar, reflect on the take-aways. What are you proud of?



WOLFE PACK WARRIORS

IF YOU OR SOMEONE YOU KNOW IS
STRUGGLING, KNOW THAT YOU'RE
NOT ALONE.

ALBERTA WIDE

MENTAL HEALTH HELPLINE 24/7

1-877-303-2642

ADDICTION 24 HOUR HELPLINE

1-866-332-2322

SUICIDE CRISIS LINE 1-800-SUICIDE

DISTRESS LINE 1-888-787-2880

FAMILY VIOLENCE 1-866-331-3933

KIDS HELP PHONE 1-800-668-6868