

December

2017

Health and cheerfulness beget each other. (James Addison)

Winter Wellness

Many people find winter a challenging time to stay well. Winter brings darker, shorter days and colder weather. Winter holidays make this season both joyful and stressful. Use this calendar to schedule your self-care activities for this month. Check out our Winter Wellness Planner for ways to support your wellness during the upcoming winter season. Contact Peggy Swarbrick at pswarbrick@cpsnj.org



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January

2018

Live in rooms of light. (A. Cornelius Celsus)

It's a new year!

Many people set New Year's resolutions in January and give them up in early February. Often, this is because the goals they set are too big and too vague. Use this calendar to set a small and specific goal for this month and to track your progress. Psychological research has shown a number of ways to succeed at your goals for this year. For a summary of tips, go to: <http://www.apa.org/helpcenter/resolution.aspx>



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February

2018

The only way to have a friend is to be one. (Ralph Waldo Emerson)

Stay connected

So many people find it hard to get out and about during this short month. In some cold climates, there's even a term for this—cabin fever! Use this calendar to schedule time with others this month. You can share wellness activities by exercising together, watching a funny movie, or challenging your mind with a game of Scrabble™ or a jigsaw puzzle.



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March

2018

In like a lion and out like a lamb.

Spring is coming!

The weather in March is changeable. In some areas, spring arrives with new buds and early flowers. In other areas, March is the last month of winter, as the cold and wet hang on. Use this calendar to schedule ways to renew and refresh yourself. For some people, a little spring cleaning is just the thing. Check out tips from Spring Cleaning Week in the UK: <http://www.springcleaningweek.com/>



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April

2018

April showers bring May flowers.

Get out and play!

When was the last time you jumped in a puddle just for fun? The weather should be improving everywhere. This is the time to go outside and look for signs of spring. Use this calendar to schedule walks or other small journeys. Have you ever read the e e cummings poem about wet spring weather? He describes "justspring" as *mud-luscious* and *puddle-wonderful*. To read his poem "in Just-" and many other inspiring poems, visit <https://www.poetryfoundation.org>



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All things seem possible in May. (Edwin Way Teale)

Sharing

Neighbors, friends, family, and passing acquaintances—you have many people in your life. Use this calendar to plan or track small acts of kindness, ways to give to and share with people you know well, or even people you don't know at all! Have you ever heard of the tradition of May Baskets? In days gone by, people made small baskets of flowers to hang on a neighbor's door on the first of May. To read more about this tradition, go to www.npr.org and search for "May Basket."



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June

2018

History has shown us courage can be contagious and hope can take on a life of its own. (Michelle Obama)

Hope

Jerome Groopman defines hope as, “the elevating feeling when we see—in the mind’s eye—a path to a better future. Hope is not just wishing or wearing rose-colored glasses or ignoring the possibility that things will go wrong, but admitting challenges and barriers, while still believing that a better time is ahead. Watch a 10-minute video on hope with Shane Lopez, author of *Making Hope Happen*: <https://www.takingcharge.csh.umn.edu/science-hope-interview-shane-lopez>



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July

2018

If they don't give you a seat at the table, bring a folding chair. (Shirley Chisholm)

Speaking Up

We all have personal responsibility for our own self-care and for guiding our life journey. This means taking charge of your life by setting goals, taking action, and seeking support. Self-advocacy, or speaking up for yourself, includes becoming informed, making decisions, and communicating what you need and want. You may want to check out the booklet, "Raising Difficult Issues with Your Service Provider" at <https://www.center4healthandsdc.org/raising-difficult-issues.html>



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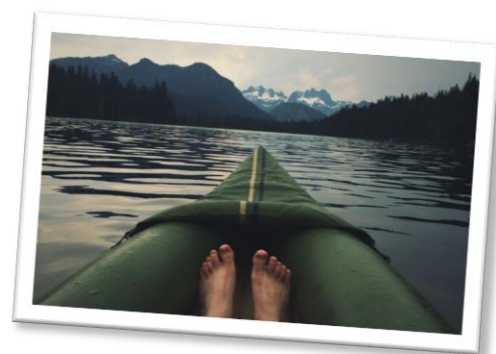
August

2018

There is virtue in work and there is virtue in rest. Use both and overlook neither. (Alan Cohen)

Taking a Vacation

Many of us can't afford to travel or to treat ourselves to time at a health spa. But those aren't the only ways to rest and recharge. During this month, a traditional time for vacations, plan a mini-vacation of a day, a half-day, or even an hour or less. A local museum may have free admission one day or you may be able to get a pass from your library. Look for a free concert in the park or watch a local softball match. After all, a vacation is really just stepping outside your usual routine!



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September

2018

We tend to view aging as a crisis, as a loss of vitality; but I think that people getting older is...a blessing. It's a chance to live longer, connect longer, teach longer, and love longer. (Ai-Jen Poo)

Another New Year?

IF you attend school or work in an educational setting, September may feel like the start of a new year. Think of this month as another chance to start a new adventure. Reflect on what you have learned over the past year. Plan to learn something new this month and in the year to come. Life-long learning develops new interests, deepens your understanding of things that already interest you, and can benefit your intellectual, social, occupational, and financial wellness.



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October

2018

Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach. (Clarissa Pikola Estes)

Harvest

What have you grown this so far? Maybe not squash and pumpkins. Maybe you grew a new appreciation of your strengths? Maybe new interests? Maybe new connections with others? All gardeners know that crops fail, some things grow that you didn't remember planting, and, once in a while, the harvest is bountiful. This month, keep track of some things you have "grown" or some things you are "harvesting" from your past investments. What do you want to "plant" next?



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November

2018

"Thank you" is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding. (Alice Walker)

Gratitude

Recent research suggests many benefits from an "attitude of gratitude." Robert Emmons, from UC Davis, says it can have positive health effects, like lowering blood pressure, decrease the risk of mental health challenges, and maybe even help you exercise more and eat better. You can use this month's calendar to note the small things that you are thankful for. To learn more about the work of Dr. Emmons, visit <http://emmons.faculty.ucdavis.edu/>



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December

2018

A smile is the light in your window that tells others there is a caring, sharing person inside. (D. Waitley)

And to all, a good night!

As the days shorten, people around the world celebrate festivals of light and make plans to join one another in celebrations of family, friends, and community. It is easy to feel stressed, overwhelmed, or isolated during this time. No matter how dark it is outside, or how dark you feel inside, there *is* a light in you. Find that light and share it with others in small ways. Check out the *Turn a Frown Around Foundation* webpage at <https://www.cspnj.org/turnafrownaround>



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2019

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OCTOBER

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JULY

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AUGUST

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DECEMBER

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What are your wellness plans for 2019?