

Murali Nair – Wellbeing Innovation

Once a Day Wellness Thoughts, Practices and Activities

May 2019

Every day:

- Stand, stretch and take a short walk every hour
- Touch your toes and stretch before bed
- Drink several 8 oz glasses of water a day, including when you first wake up
- Avoid granulated white sugar and fast foods
- Avoid overly processed foods
- Eat dishes made from whole vegetables
- Take 5 minutes each morning to calmly breathe deeply
- Take note of 2 things you're grateful for, write them down in the same journal each day

DAILY ACTIVITIES.

- May 1: Laugh at least ten times today
Spend time writing out your priorities and goals for this month
- May 2: Write a letter to a loved one or friend who lives far away
- May 3: Spend 5 extra minutes asking someone about their day
- May 4: Enjoy the weekend. Spend time making yourself a healthy and delicious breakfast, along with herbal tea
Call a friend or relative you've been meaning to catch up with
Find a local farmer's market and enjoy the smells and colors
- May 5: Clean your kitchen to happy music, with windows open if the weather is nice
Meal prep for the week with goodies from the farmer's market, including healthy snacks like fruit or nuts
Spend time with friends and family
- May 6: Take a walk in the evening after dinner
Prepare golden milk tea, Mix and heat 1 ½ cups non-dairy milk, 1 tsp ground turmeric, 1/4 tsp ground ginger, 1/4 tsp ground cinnamon, 1 tsp coconut oil, 1 pinch ground black pepper, 1/2 tsp honey or maple syrup
- May 7: Do a nice deed for someone you work with
- May 8: Pay extra attention to your posture at your desk today
Take a walk after enjoying a healthy lunch
Take the stairs as much as possible today

- May 9: Research community gardens that need volunteers
Stand up at your desk and stretch at least once per hour
Remember to eat healthy snacks of fruit and nuts and stay hydrated
- May 10: Enjoy a bright green smoothie for breakfast today
Add 2 extra items to the list of what you're grateful for
Get to know a co-worker today, eat lunch with someone new!
Spend time on your skin after work, exfoliating face and using a face mask
- May 11: It's Saturday! Prepare a healthy breakfast that takes longer than usual
Volunteer at a community garden, getting your hands dirty and helping out a neighbor
Take an early afternoon nap for ½ hour
Spend time in person or on the phone with family and friends
- May 12: Go to either the farmer's market or the grocery store to shop for whole fruits and veggies for the week. Make sure to include snacks for work
Spend time talking with the farmers and vendors
Spend time reading a book you've wanted to read
Invite friends over for a healthy dinner party
- May 13: Don't forget to keep stretching each day
Take a walk during lunch, ask a coworker to come along!
Sign up for a new group fitness class, like yoga or kickboxing, and make new friends
- May 14: Try to meditate a little longer today, taking 10 minutes of calmly breathing.
Make a citrus salad for lunch with different types of oranges and grapefruit paired with avocado
Make tea in the afternoon and enjoy five minutes of quiet
- May 15: Try a new smoothie recipe for breakfast
Go for a walk during lunch today
Spend some time journaling after work
- May 16: Greet each person you see today with a smile
If your work emails are cluttered, take time organizing your inbox and your desktop
Take an evening walk after dinner and take time enjoying every flower and animal you see
- May 17: Live in a state of celebration today- you deserve it! Laugh as much as possible, and bring healthy treats from home to share at work if you can

Go dancing tonight with friends after a delicious shared meal!

- May 18: Try to bake a loaf of whole wheat bread. Share it with a neighbor
Attend a yoga class or use an online yoga video to stretch and strengthen your muscles
Volunteer again at your community garden, taking home some fresh veggies for the week
Call a family member or better yet- invite them over for dinner
- May 19: Spend extra time on making your favorite healthy breakfast today
Go to your nearest body of water and spend time walking, listening, relaxing in the presence of water; appreciate the strength of ocean waves or the calmness of a lake
If you cannot go to water, listen to nature sounds in your home with the windows open and spend time painting or drawing freely.
- May 20: Look in the mirror after your morning cup of water, and tell yourself three of your favorite qualities
Search for ways to compliment others today
Enjoy a short walk after lunch
After work, treat yourself to a healthy meal out and enjoy not cooking or cleaning on a Monday
- May 21: Enjoy a green smoothie for breakfast with some warm golden milk tea
After work, spend time manicuring your nails, exfoliating and moisturizing your hands with light massage
Spend time writing and decorating a card to mail to a friend
- May 22: Wake up 10 minutes earlier, and read through your gratitude journal, adding 5 extra things
Bring your closest coworker their favorite hot beverage to work today
Enjoy your lunch outside and go for a walk afterwards
- May 23: Write someone at work a positive note, and leave it on their desk
Make an effort to tell every person you see good morning with a smile
After work, spend some time outside, walking in the park or in your neighborhood
- May 24: Wake up and play your favorite music while you get ready for work
Take a little extra time scrubbing in the shower and think of all the positive qualities you have
Make a list of all the people you are thankful for, and thank them
Spend time at home, making a more involved and healthy dinner

Enjoy time outside during dusk, notice the breeze or the leaves or any animals that are around

- May 25: Head to the farmer's market and take a new plant home
Try a new hobby, like candle making, crochet, or scrapbooking
Clean out your closet, donating old clothes you no longer need and organizing everything that's left
- May 26: Go out to breakfast with a friend, find a restaurant that serves healthy options
Spend more time listening than talking
Take time to do something creative
Spend at least ½ hour reading outside
Deep clean your kitchen with the windows open and prep healthy meals for the week ahead
- May 27: It's a holiday!
If you're off of work, have a mini-vacation. Treat yourself to a massage or a new haircut
Find a new museum in a subject you enjoy
Take extra time preparing your healthy dinner and enjoy a long walk and stretch before bed
- May 28: Enjoy a green smoothie for breakfast
Color-code your calendar and practice saying no
Spend 5 minutes before lunch deep breathing with your eyes closed
Take a new way home from work
- May 29: Leave a positive note for yourself in your kitchen when you leave for work
Drink a cup of golden milk tea
Go out of your way to do something nice today
- May 30: Incorporate veggies into breakfast
Be bold today- share your good ideas!
Invite all coworkers you can for a walk after work
Try something new for dinner
- May 31: Wake up ½ hour earlier and read through your entire gratitude journal
Celebrate your month of wellness with a dinner after work with friends and share your experience
Spend time writing down your favorite activities and keep doing them

