



12 DAYS OF SELF-CARE 'til the winter solstice



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
			Order ONE free <u>Calm Strip</u> . OR Take ONE minutes to review these <u>Winter Safety Tips</u> .	5 Take TWO minutes to review the <u>GoodLife corporate discount</u> and <u>request your free pass!</u> OR Take TWO minutes to learn where your closest <u>Emergency Health Safety Station</u> is located.	6 Send THREE <u>Holiday e-Cards</u> OR Send THREE <u>Thank you e-Cards</u> OR A combination of both.	
8	9	10	11	12	13	14
	Take FOUR minutes to gather your colleagues to participate in the <u>Door Decorating Contest</u> . OR Take FOUR minutes to Sign up for <u>LIFT Fitness App</u> available for FREE!	Take Five with this <u>Mindfulness Practice</u> OR Take FIVE minutes to review these <u>Ergonomics Resources</u>	Take SIX minutes to review upcoming <u>Wellness Events</u> and register today! OR Take SIX minutes to review upcoming <u>Professional Development</u> opportunities and register today! OR A Combination of both.	Enjoy a <u>Stretch Break!</u> Watch and follow along with this <u>SEVEN minute video</u> OR Give out SEVEN compliments!	Drink at least EIGHT cups of water today! OR Take EIGHT minutes to review the <u>Engagement Opportunities web page</u> .	
15	16	17	18	19	20	21
	Take NINE minutes to declutter your desk. OR Learn NINE powerful skills by registering for <u>Crucial Conversations training!</u>	Take TEN minutes to review the <u>Mental Health Action Plan</u> . OR Contribute \$10 towards the <u>Annual Candy Cane Sales</u> in support of the Student Relief Fund.	Spend ELEVEN minutes reviewing the resources offered by our <u>Employee Assistance Program (EAP)</u> . OR Spend ELEVEN minutes colouring using this <u>colouring page!</u>	Spend TWELVE minutes writing your goals for 2025. OR Spend TWELVE minutes calling a friend or family member!	BONUS: Still have holiday shopping on the to-do list? Visit the <u>Employee Perks and Discounts web page</u> to check out the offerings such as Perkopolis!	

