



## WellNYS Everyday

WellNYS Everyday is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that are healthy for them and to be physically active. This initiative encourages employees to:

- Sign-up to receive the WellNYS Daily To-Do by email every day
- Run or walk your First or Next 5K
- Find out where to be physically active in New York State
- Celebrate your wellness success with “I Did It!”
- Engage in healthy behaviors while in your workplace
- Find a NYS Walking workplaces map
- Learn about Physical Activities in your region.

For more information go to:  
[oer.ny.gov/wellnys-everyday](http://oer.ny.gov/wellnys-everyday)

WellNYS Everyday is sponsored by NYS Work-Life Services.

WellNYS Daily To-Do

# June 2023

Start and end your day with a positive habit

| Sun | Mon       | Tues | Wed | Thurs | Fri | Sat |
|-----|-----------|------|-----|-------|-----|-----|
|     |           |      |     | 1     | 2   | 3   |
| 4   | 5         | 6    | 7   | 8     | 9   | 10  |
| 11  | 12        | 13   | 14  | 15    | 16  | 17  |
| 18  | <b>19</b> | 20   | 21  | 22    | 23  | 24  |
| 25  | 26        | 27   | 28  | 29    | 30  |     |

### MONTHLY WELLNYS DAILY TO-DO'S

**July**

Go outside and enjoy nature in New York State.

**August**

Eat a variety of fruit and vegetables.

**September**

Train your brain.

- 1.** The June monthly WellNYS Daily To-Do is to start and end your day with a positive habit. Join us on Wednesday, June 14, at 12:00 noon for the webinar, “Start and end your day in a positive way.” To register go to: <https://meetny.webex.com/weblink/register/r2cdfdff21bc111a40dd2c338a9876c61>.
- 2.** A positive habit is something we repeatedly do every day that produces positive benefits. Name three positive habits you already do in the morning and in the evening.
- 3.** Meditation is a great way to start and end your day. Start your day by listening to your breathing as you prepare for your day and end your day with five to 10 minutes of relaxation and reflection.
- 4.** Before you get out of bed, do a full body stretch by reaching your arms overhead and straighten your legs, hold for 10 seconds. Upon returning to bed at the end of the day, reach both arms overhead for a big full body stretch before getting into bed.
- 5.** Here are two quotes to start and end your day: “Make your bed every morning, you will have accomplished the first task of the day.” – William H. McRaven. “An important part of any focusing regimen is to set aside time at the end of the day – just before going to sleep to acknowledge your successes, review your goals, focus on your successful future, and make specific plans for what you want to accomplish the next day.” – Jack Canfield
- 6.** Music may give you energy in the morning or relax you in the evening. Create two playlists of songs: upbeat songs in the morning and soothing songs in the evening.
- 7.** In the evening, make a to-do list for the following day. The next morning, check the list again and write down an estimation of how much time it might take you to accomplish the task.
- 8.** If you have an aromatherapy diffuser, different scents have a way of energizing or relaxing. Try citrus, lemon, or peppermint in the morning, and lavender, bergamot, or eucalyptus in the evening.
- 9.** Rethink your morning and evening rituals. What habits are not working for you? Are there any changes you can make?
- 10.** The temperature in New York in June feels close to perfect. What can you do to enjoy the outside in the morning and in the evening? It may be gardening, walking, or just meditating.
- 11.** Waking up and going to bed at the same time every day is good for your circadian rhythm or your body’s biological clock. What time do you go to bed? What time do you wake up? Are you consistent every day?
- 12.** If you normally leave for work around 7:00AM, try waking at 5:00AM These two hours will give you enough time to exercise, wash and fold laundry, or just relax and meditate.
- 13.** Do you have any bad habits in the morning or in the evening? Stopping a bad habit takes time. Identify the bad habit then substitute a healthy habit instead.
- 14.** Writing in a journal is a healthy habit to start and end your day. Begin your day by writing what your ideal day will be. Then end your day with what you accomplished and what you are grateful for.
- 15.** Try the 10-3-2-1-0 formula for a more restful sleep: 10 hours before bed, no more caffeine, three hours before bed stop consuming food and alcohol, two hours before bed stop working, one hour before bed, turn off all screens, then zero, represents the number of times you’ll hit snooze in the morning (created by fitness coach Craig Ballantyne).
- 16.** Before you leave for work in the morning, set a timer for five minutes and tidy-up whatever mess was left from the morning. Before you go to bed, set a 10-minute timer, and do a quick tidy-up before settling in. These 15 minutes may be enough to keep up with the clutter, and if not, add more time.
- 17.** Start and end your day with a warm beverage. Enjoy a cup of coffee or tea in the morning. Breathe deeply and give yourself these few minutes of mindfulness. Then in the evening try herbal decaffeinated tea such as chamomile or mint.
- 18.** Start your day with a quick read. Read just one page if you are in hurry. Reading also has a wonderful way of relaxing you before bed. However, if you are reading a book you can’t put down, set a timer before bed to alert you when it is time for bed.
- 19.** Do you hit snooze in the morning or stay up too late? Identify what doesn’t work and think through how to make a change.
- 20.** Start and end your day with a walk. In the morning, move in a way that corresponds with how you feel. If you feel energized, pick up your speed; or move more slowly. Use the same technique for a quick walk after dinner.
- 21.** It’s the summer solstice. Sunrise is 5:15 a.m. and sunset is 8:38 p.m. There are 15 hours and 19 minutes of sunlight today. What are your plans for the longest day of the year?
- 22.** Start and end your day with gratitude. Start with four simple words, “I am thankful for ...”
- 23.** In the morning, write down a physical activity goal in your journal, then in the evening write down either the time you completed it, or how long it took you.
- 24.** Leave a bottle of water next to your bed. Take a sip when you wake up. It will be there if you need it in the middle of the night too.
- 25.** Flossing is a good habit to practice in the morning or before bed, or both!
- 26.** It doesn’t take much time to combine a few healthy habits in the morning. Upon waking, visualize your day, drink water, and have a healthy breakfast. You can complete three healthy habits in a matter of minutes.
- 27.** Sometimes you just need some time alone. It may be early morning before everyone is up or later in the evening when everyone has gone to bed. What’s the best time of day for alone time for you?
- 28.** Have a positive affirmation you say every morning and every evening. Such as: “Today will be a good day.” “My body is relaxed and ready for sleep.”
- 29.** At the end of the day, write down anything that is on your mind. This can be anything that was not resolved or completed. If you are thinking about any issues before going to sleep, remind yourself, they were written down and you can review it the next day.
- 30.** Did you find a new habit in the morning or in the evening? If you did, share it with a friend or family member.

Number of days completed