



## 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](https://oer.ny.gov/wellnys-everyday)

WellNYS Everyday is sponsored by NYS Work-Life Services.

WellNYS Daily To-Do

# December 2023

Start a new habit using the two-minute rule.

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	19	20	21	22	23
24	<b>25</b>	26	27	28	29	30
31						

# December

Start a new habit using the two-minute rule.  
Once you've completed the To-Do, check the box!



1. The December WellNYS Daily To-Do is to start a new habit using the two-minute rule. The wellness webinar will be titled, "24 Healthy Habits to begin in 2024 that takes only two minutes." To register go to: <https://meetny.webex.com/webink/register/rc6f381a633701e21e3803e191cf4a936>.
2. Two minutes is 120 seconds. To establish a healthy habit, start by engaging in it for two minutes. Give yourself permission to stop at two minutes or continue with the healthy habit.
3. "As you master the art of showing up, the first two minutes simply become a ritual at the beginning of a larger routine. This is not merely a hack to make habits easier but the ideal way to master a difficult skill." – James Clear
4. "A new habit should not feel like a challenge. The actions that follow can be challenging, but the first two minutes should be easy. What you want is a "gateway habit" that naturally leads you down a more productive path." – James Clear
5. Set a timer for two minutes and pick up the clutter in one room. Once the timer goes off, stop, and take note of how much was completed.
6. Making your bed takes two minutes and can create a sense of order and accomplishment, setting a positive tone for the rest of your day.
7. Practicing gratitude can easily be completed in two minutes. Take this time to think about a positive experience, a person special to you, or something you are grateful for. Try doing this each day next week.
8. Take two minutes to organize a drawer or shelf in your kitchen or bathroom.
9. Move your body for two-minutes in a way that feels good. This may give you a boost of energy.
10. Writing a to-do list can be done easily in two minutes. Write down everything you need to do today or everything that needs to be done for the upcoming week. Making a list may help you feel more organized and better prepared to handle tasks on the list.
11. Expand your vocabulary by learning a new word and its definition. Use this word in a sentence during your day today.
12. Find a contact in your phone list and send them a quick text letting them know you are thinking about them.
13. Interested in writing a book or blog? Set aside two minutes every day to write a sentence or a page.
14. Want to develop a habit of reading before bed? In the morning after you make your bed, place a book on your pillow. Your book will be right there waiting for you when you go to bed.
15. Want to drink more water during the day? Take two minutes to fill your water bottle before you leave and take it with you everywhere you go. This way when you are thirsty, it's with you all the time.
16. Procrastination is a powerful word. If you are pushing something off, name it out loud and tell yourself you will engage in it for two minutes. Most likely that's all you need to get started.
17. Instead of sitting down to work on your computer, stand up for two minutes while you work or while seated roll your shoulders and stretch your arms.
18. Want to learn how to play an instrument? Begin by playing for just two minutes. You may feel good and want to keep playing. If not, put it down and pick it up tomorrow again for two minutes.
19. Is there a healthy habit you'd like to begin? Start by writing it down, then try it for two-minutes. It's that easy.
20. Chew slowly for two minutes with each bite. This helps with digestion and is a good habit to do especially if you are a fast eater. Put down your fork or spoon between bites tasting your meal instead of rushing through it.
21. Take two minutes to check your posture. Stand against a wall with your feet six inches away. If your head, shoulders, and buttocks contact the wall, you have good posture. If not, adjust your body so it does contact the wall, then step away.
22. Stretching for two minutes can relieve tension and improve flexibility. Focus on areas like your neck, shoulders, back, and legs.
23. Pick a time today and meditate for two minutes. Be consistent and meditate at the same time tomorrow for two minutes, then again at the same time the next day, and maybe you will form a new habit!
24. Do you love coffee in the morning but don't have time to make it before leaving for work? Tonight, take two minutes to scoop the coffee into the machine and add the water. Tomorrow morning, all you need to do is press start! Or you can preset the time the night before if your coffee machine has this feature.
25. So often when tasked with something challenging, we tend to say to ourselves, I'll begin tomorrow. Instead of starting tomorrow, start doing it today for two minutes.
26. Many people expect to be asked, "How you are?" and the answer is usually, "Fine." Instead ask, "What was your favorite moment of today or your weekend?" It could be an interesting two-minute conversation.
27. If you are looking for a quick burst of energy, spend two minutes wiggling either by sitting or standing. Start by wiggling your legs, then wiggle your shoulders and arms. Get the whole-body wiggling and after two minutes, take note of how your body feels.
28. Next time you visit the grocery store, take two minutes to pick out healthy snacks to keep with you in your bag, car, or workplace. Spending two minutes choosing healthy snacks may prevent you from going to a convenience store for a quick, unhealthy snack when you are hungry.
29. Set yourself up to move more when working in 2024. State employees and family members are invited to register to receive an email titled, It's Move Time. The emails are intended to encourage recipients to practice a simple movement during their workday. Go to <https://oer.ny.gov/its-move-time> to register. It will only take two minutes or less to type in your name and email address.
30. Tomorrow is the last day of the year. Spend two minutes thinking about or writing down positive things that happened to you in 2023. Then spend two minutes visualizing what you would like to happen in 2024.
31. Did you try any two-minute habits in December? If so, are there any you want to continue in 2024? If so, share these habits with a trusted friend and ask if they will be working on any habits in the new year.

**NUMBER OF DAYS COMPLETED**