



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

WellNYS Everyday is sponsored by NYS Work-Life Services.

WellNYS Daily To-Do

November 2023

Give a compliment to someone today.

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	25
26	27	28	29	30		

MONTHLY WELLNYS DAILY TO-DO'S

December Start a new habit using the two-minute rule.

November

Give a compliment to someone today.
Once you've completed the To-Do, check the box!



**WellNYS
Everyday**

- 1.** The November WellNYS Daily To-Do is to give a compliment to someone. Join us on Wednesday, November 8th at 12:00 noon for the wellness webinar, "Share your favorite compliments." To register go to: <https://meetny.webex.com/weblink/register/r26b6d19101fab049c23cb80a8e244b1>.
- 2.** What is your favorite compliment to give or receive? How about, "I appreciate you," and/or "I value your opinion."
- 3.** A job well done is one of the best compliments to give and receive in the workplace. Try one of these compliments today. "Thank you for all your efforts on this project! You did a fantastic job." "You are doing an awesome/amazing job. Your help really made a difference."
- 4.** When someone shares a joke and makes you laugh, say, "You have a great sense of humor."
- 5.** Receiving feedback is often not easy to hear. Instead of reacting negatively, respond with a compliment, "Thank you for giving me honest feedback, even when it's not what I want to hear."
- 6.** After meeting someone, here are two nice compliments to give: "It was such a pleasure to meet you," and "I really enjoyed talking to you."
- 7.** Compliments can also come as questions. "You've worked so hard today. What can I do to make your day easier?"
- 8.** Creating meals is a lot of work. Shop, chop, prep, cook, bake, and then put it on the table. Compliments after a meal could include, "Thank you for making dinner tonight. That was delicious!" "I know you put a lot of effort into that meal, and it was delectable. Thank you!"
- 9.** Friendship is such an important part of life. Have you complimented your friend lately? "It means so much to me to be friends with you," and "You are an amazing friend, and I am fortunate to have you in my life," are just a couple of examples of compliments.
- 10.** The art of listening is a gift. If someone has been a great listener for you today, compliment them by saying, "You are a great listener," "Thank you for listening as I really needed someone right now," "I value the time you took to listen to me," or "I always feel heard and understood when I talk to you."
- 11.** Someone remembering your birthday, anniversary, or special event shows they care. A good way to show them you appreciate their acknowledgment is by saying, "Thank you for remembering, it means so much to me," or "Thank you for thinking about me on my special day."
- 12.** When someone does something that completely awes you, share one of these compliments; "You are impressive!" "When you make up your mind, nothing will stop you." "You inspire not only me, but others around you." "Keep up the amazing work."
- 13.** Gratitude goes a long way. Simply say, "I am so grateful for you."
- 14.** Compliment a spouse, partner, or parent with this, "Thank you for everything you do for our family."
- 15.** Today, tell someone, "I value your opinion," or "I appreciate your honesty."
- 16.** When someone is kind say, "You are kind."
- 17.** When someone is new to an existing work group, compliments show them they are included and can boost their confidence. Some suggestions you could offer are, "You are a great addition to our team/group," "I'm excited to work with you," or "You are so organized, could you give me some tips?"
- 18.** One-word compliments get right to the point. "Amazing!" "Stunning!" "Phenomenal." "Enjoyable." "Heroic." "Outstanding!"
- 19.** Volunteers do so much in hospitals, organizations, clubs, and not-for-profits. These folks often work many hours so sharing a compliment is a great way to recognize them. Either one of these compliments would be great to receive, "Thank you for your service" or "Your hard work does not go overlooked."
- 20.** Compliment creativity with, "You have the creative ideas," or "You are great at figuring stuff out."
- 21.** If you have had excellent service at a restaurant, send an email or handwritten compliment to the owner of the restaurant and ask them to pass the compliment on to the employee.
- 22.** Children and teenagers thrive when given compliments, especially with schoolwork, chores, and activities. Catch them while they are in the act! "I am so proud of you, and I hope you are too." "You put a lot of effort into your homework, and it shows. Great job!"
- 23.** Happy Thanksgiving! The power of saying "thank you" shows someone you appreciate what they did. Here are a few ways to say it, "Thank you (with eye contact)," or "You should be thanked more often."
- 24.** "You are wonderful!" This simple, but powerful statement.
- 25.** Some people go out of their way to help others. If someone goes out of their way for you, your response could be, "You are more helpful than you realize," "You have no idea how much this means to me," or "Thank you for being there for me."
- 26.** When someone has a positive mindset, they often focus on the bright side of life. A compliment for this person would be, "Your positivity and optimism are infectious!"
- 27.** If you are speaking with someone who is going through something difficult, your compliment could be, "You are a strong and resilient person," or "Your ability to overcome challenges is truly inspiring."
- 28.** If someone makes you laugh, compliment them by saying, "You have a great sense of humor. You always know how to make people laugh," or "Your sense of humor always brightens my day."
- 29.** Did you offer compliments to others this month? Why not try to offer more compliments in December!
- 30.** What is your favorite compliment to give or receive? How does offering a compliment or receiving one make you feel?

Number of days completed