



WellNYS  
Everyday

WellNYS  
Daily To-Do

# June

Start your morning with a positive habit.

In 2022, participate in **THE THREE** every day by doing the following

1. Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the **Go Beyond the Challenge** starting June 22<sup>nd</sup>.
2. Check off that you have completed the Daily To-Do on the Monthly Challenge tracking form that can be found at <https://wellnys.oer.ny.gov/>
3. Ask your wellness partner, "Did you do the WellNYS Daily To-Do?"

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		

## UPCOMING MONTHLY CHALLENGES

July

Form a team of two and make plans to be active together.

August

Stay hydrated throughout the day.

September

Carve out 22 minutes of alone time.

JULY						
S	M	T	W	T	F	S
				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
31						

AUGUST						
S	M	T	W	T	F	S
	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	31			

SEPTEMBER						
S	M	T	W	T	F	S
				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	

WellNYS Everyday  
Making better choices to live well and stay well

WellNYS Daily To-Do  
Each day, complete the WellNYS Daily To-Do. Set to remind you and your partner. It's a fun, high-energy workout experience that keeps you motivated to succeed. If this sounds like you, click here.

30 Day Monthly Challenge  
Challenge yourself to complete 30 days of activity.

My First or Next 5K  
2022 5K

Physical Activities Around NY  
I Can Do It

WellNYS in Your Workplace  
NYS Quizzes  
You can quit. We can help.

Find a NYS Farmers Market  
NYS Workplace Learning Portal

About Me

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Check off your Daily To-Dos at <https://wellnys.oer.ny.gov/>

# June

## WellNYS Daily To-Do



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### Once you've completed the To-Do, check the box!

- 1. "Start your morning with a positive habit" is the June Monthly Challenge. Register on the WellNYS Everyday website and track your progress. Register at: [https://wellnys.oer.ny.gov/registration/monthly\\_challenge\\_description.cfm](https://wellnys.oer.ny.gov/registration/monthly_challenge_description.cfm).
- 2. A positive habit is something we repeatedly do every day that produces positive benefits. An example is brushing your teeth. In June, the WellNYS Daily To-Do will feature positive habit. Choose one of these habits to do daily throughout the summer or choose one of your own.
- 3. Plan your day the night before. Lay out your work clothes. Get the coffee ready and pack your lunch. Look at your calendar and take note of anything else you could do now so you can start the next day without being rushed.
- 4. Make water your first beverage of the day. A drink with caffeine may wake you up, but your body is dehydrated from not drinking when you were sleeping. Start with a few sips of water today and more tomorrow until you can drink eight ounces each morning.
- 5. When you choose a healthy breakfast, choose food that will give you energy and nutrients such as oatmeal, Greek yogurt, fruit, protein shakes, eggs, or whole grain bread with natural peanut butter.
- 6. As you are getting ready for your day, recite a positive affirmation such as: today is going to be a great day, or today I am going to move more.
- 7. Do you want more energy? Try exercising first thing in the morning. Start out with stretching, a short walk, lifting some weights, or yoga poses. Then, notice how you feel by the time you leave for work.
- 8. Meditation is a great way to start your day. Start with five to 10 minutes of listening to your breathing while you let your mind relax. You just might move through your day with a sense of awareness and confidence.
- 9. As you awaken, visualize the details of your day. Do you have a meeting? Imagine it will go smoothly. Do you have a project or task to complete? See yourself moving through the details with ease. Are there chores to do? Imagine them completed.
- 10. In a gratitude journal write down what you are thankful for this morning. The benefits of practicing gratitude will last all day long, and you'll set yourself up to have a great day.
- 11. Choose a motivating word. Say it now and throughout the day. Here are five possible words: start, now, dream, practice, or go. Choose the word you need today. For example, do you need to start a project, start a workout, or start the laundry? Choose the word "start" to motivate you.
- 12. "If you make your bed every morning, you will have accomplished the first task of the day." – William H. McRaven. You'll be happy you did this when you get back into your bed at night.
- 13. Do you need more time in your day? The sun rises at 5:10AM today, so get up earlier. Cooler morning temperatures make it a good time to garden, exercise, meditate, or do any other positive habit you are practicing.
- 14. What's for lunch? A positive habit would be to pack a healthy lunch in the morning, so you won't have to decide what to eat at noon time.
- 15. Pack or set aside two healthy snacks for today; fruit, nuts, yogurt, cut-up veggies, raisins, or a hardboiled egg.
- 16. Remember to apply sunscreen this morning as a healthy habit you will want to practice all summer long.
- 17. What time do you wake up on a workday? Next week, set your alarm 10 minutes earlier each morning so you'll have time to complete a positive habit.
- 18. Make a to-do list. Next to each task, schedule when you are going to complete the task. List three things you'd like to accomplish at work and three things you'd like to accomplish in your personal life.
- 19. Looking for an energetic morning ritual? Take a cold shower. Not only will it wake you up, but research shows it could lead to fewer sick days. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5025014/>.
- 20. Check the weather tonight, and if it's a clear night, set your alarm to watch the sunrise tomorrow.
- 21. Get your mind working early. Enter "free crossword puzzles" into your search engine. If you are competitive, share your results with a friend or family member.
- 22. **Go Beyond the Challenge:** Subscribe to get the WellNYS Daily To-Do delivered to your email address every morning at 6:01AM at [https://wellnys.oer.ny.gov/tips\\_subscribe.cfm](https://wellnys.oer.ny.gov/tips_subscribe.cfm).
- 23. **Go Beyond the Challenge:** Explore what successful people do for their morning routine. Put in the search engine, "morning habits for successful people."
- 24. **Go Beyond the Challenge:** It doesn't take much time to combine a few healthy habits for the morning. Upon waking, visualize your day, then reach for some water, and make your way to the fridge to have a healthy breakfast. You can complete three healthy habits in a matter of minutes.
- 25. **Go Beyond the Challenge:** If you have more time in the morning on weekends, plan healthy breakfasts for the rest of the week. Hard boil a dozen eggs or make a large pot of oatmeal and freeze five "to-go" bowls, one for each workday.
- 26. **Go Beyond the Challenge:** Make a smoothie with frozen blueberries, banana, fresh ginger, cashews, chia seeds, cinnamon, ice cubes, and water. This breakfast packs everything you need: fruit, healthy fats, and protein to start your day.
- 27. **Go Beyond the Challenge:** Before you get out of bed, stretch your body. While lying on your back, do a full body stretch by reaching your arms overhead and straighten your legs, holding for five seconds.
- 28. **Go Beyond the Challenge:** Tomorrow and Friday, put on your favorite music while getting ready for work. This music could be calming or upbeat, whatever you need to start a successful day.
- 29. **Go Beyond the Challenge:** While enjoying a cup of coffee or tea, breathe deeply, giving yourself these few minutes of mindfulness.
- 30. Today is the last day of June. Go to the WellNYS Everyday website at <https://wellnys.oer.ny.gov> and check off the days you participated in this Monthly Challenge.

NUMBER OF DAYS COMPLETED