

2017 Dec

FRI

SAT

1

Start this month focusing on your health goals. Write your three new health goals on the bottom of the page.

2

SUN

MON

TUE

WED

THU

3

Keep warm by trying healthy stews, chilis, and soups this season.

Start with this [healthy recipe](#).

4



5

6

Adding physical activity into your day can help improve your mental health.

Learn more [here](#).

7

8



9

10

11

If you are feeling stressed, take a short walk.

Learn more [here](#).

12



13

14

Start a sleep journal to ensure you get 6 to 8 hours of sleep each night.

15

16



17

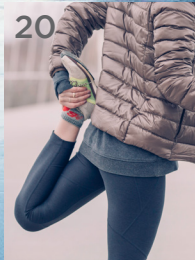


18

19

Remember to stretch before exercising to warm up your muscles.

20



21

22

How will you get your daily dose of friendship? Talk to a new coworker or call a friend.

23

24

25



26

27

Did you meet your health goals this month? Check them below.

28



29

30



31

Add winter vegetables to your meals for a healthy twist.

Learn more [here](#).

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

2017 Dec

December is Stress
Management Month.

How do you keep your cool?

Some stress can be beneficial and may lead to actual problem-solving, but a lot of our stress is unnecessary and even harmful. Healthy habits can protect you from the harmful effects of stress. Below are 6 positive healthy habits you may want to develop.

A daily dose of friendship is great medicine. Call or write friends and family to share your feelings and ask them to share theirs.

Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity may also improve the quality of sleep.

Regular physical activity can relieve mental and physical tension. Physically active adults have a lower risk of depression.

"Pace" instead of "race." Plan ahead and allow enough time to get the most important things done without having to rush.

Remember to laugh. Laughter makes us feel good. Don't be afraid to laugh out loud at a joke, a funny movie, or a comic.

Don't worry and be happy. The world won't end if your kitchen isn't cleaned. You may need to do things, but take a minute to focus on your well-being if needed.

Source: Heart.org

Balanced Wellness



www.BalancedWellnessKY.com 502-716-7773