



WellNYS  
Everyday

# WellNYS Daily To-Do 2021 February

## Take care of your mental health.

In 2021, 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 February 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.goer.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						

WellNYS Everyday  
Making better choices to be well and stay well.

WellNYS Daily To-Do  
2021  
Everyone loves to eat, and there are many related hobbies to keep everyone happy. Research and experiment with recipes from different...

January Monthly Challenge  
Start or pursue a hobby

My First or Next 5K  
5K  
2021

Physical Activities Around NY

I feel it!

WellNYS in your Workplace

Wellness Resources

Headspace

NYS Quitline  
You can quit. We can help.

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

MARCH						
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			

APRIL						
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	

MAY						
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					

### UPCOMING MONTHLY CHALLENGES

<b>March</b>	Try a new healthy recipe.
<b>April</b>	Take a WellNYS To-Do financial challenge.
<b>May</b>	Move more.



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

- 1. The Monthly Challenge for February is to take care of your mental health. **Register for the Monthly Challenge at <https://wellnys.goer.ny.gov>.**
- 2. Sit quietly for five minutes and simply observe your thoughts, feelings, and bodily sensations. Self-awareness is the first step in achieving good mental health.
- 3. Do you like to read? Try a self-help book on how to improve your mental health or a humorous book to lift your spirits.
- 4. Think of a positive or inspirational experience that has impacted you in the past and notice how it makes you feel. Do this regularly when you need a mental boost.
- 5. Volunteering to help others can be beneficial in improving your mental health.
- 6. The National Suicide Prevention Lifeline can help prevent suicide. The 24/7 Lifeline provides free confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. **Call (800) 273-8255** or go to <https://suicidepreventionlifeline.org/>.
- 7. Laughing is one of the best forms of therapy. Today, find something that makes you laugh and notice how you feel.
- 8. When it rains, look for rainbows. When it's dark, look for stars.
- 9. The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental health disorders and provides resources on treatments and therapies. Go to <https://www.nimh.nih.gov/index.shtml> for more information.
- 10. "Move a muscle, change a thought; change a thought and you change your life."  
— Carl Tuchy Palmieri.
- 11. Do you have old photos? Pull them out and look for happy memories to help boost your spirits.
- 12. Spending more time at home during the pandemic can be difficult and lead to feelings of isolation. A simple and easy thing to do is to form a small virtual group of friends, family members, or work colleagues to talk about things going on in your lives, share craft projects, recipes, pictures, etc. This can help you feel less isolated. It's also comforting to know others care about you.
- 13. Avoid judging yourself or others.
- 14. Coronavirus Anxiety Workbook: A Tool to Help You Build Resilience During Difficult Times <https://www.depauw.edu/files/resources/coronavirus-anxiety-workbook.pdf>.
- 15. If you as a NYS employee or a family member are experiencing anxiety or other emotional distress during this crisis or any time, or just want to talk, please contact EAP. EAP services are confidential, voluntary, and free for NYS employees and their family members. EAP can be contacted by calling **1-800-822-0244** or visiting <https://goer.ny.gov/find-eap-coordinator>.
- 16. Physical activity is proven to help improve mental well-being. Incorporate physical activity into your day, whether indoors or outdoors, to maintain good mental health as well as good physical health.
- 17. Do an activity that you're good at and notice how you feel afterwards.
- 18. Practice self-compassion. Remember that you are loved and that you matter. Write down three things you love about yourself.
- 19. Do you have any negative thoughts? Identify them and then challenge and discard them. Try replacing them with positive thoughts.
- 20. Keep in touch with friends and family members who support your positive mental health. Call someone and connect with them.
- 21. Live in the present moment. Avoid thinking about the future or past for one hour today.

## GO BEYOND THE CHALLENGE

- 22. Sit quietly for five minutes and focus your attention on the physical aspects of your breathing (ex., the rising and falling of your chest or stomach). Each time your mind wanders, refocus on your breathing. Learn more about meditation at [headspace.com/ny](https://headspace.com/ny).
- 23. At the end of your day, identify five positive experiences or things that happened to you today and how they made you feel.
- 24. Compliment a family member, friend, or coworker for their behavior. Let them know how much you appreciate them. Compliments make us feel better, both giving them and getting them.
- 25. *Progressive Muscle Relaxation* (PMR) is a useful technique to relieve stress and regulate your emotions. Beginning with your feet, tightly tense the muscles by curling your toes. Hold the tension for 5-10 seconds and then release the tension to allow them to relax. Repeat the cycle of tensing and relaxing each muscle group including, your legs, pelvis, stomach, chest, back, arms, hands, neck, and face. To learn more about PMR go to [va.gov/vetsinworkplace/docs/em\\_eap\\_exercise\\_PMR.asp](https://va.gov/vetsinworkplace/docs/em_eap_exercise_PMR.asp).
- 26. *Try 4-7-8 Breathing*. Inhale gently through your nose to a silent count of **4**. Hold your breath for a count of **7**. Exhale through your mouth for a count of **8**. Doing this a few times on a regular basis can assist with anxiety, improve your sleep, and lower your heart rate.
- 27. Contact your EAP coordinator if you or a family member need a referral to a mental health professional. Here is a list of the EAP Coordinators at all state agencies, <https://goer.ny.gov/find-eap-coordinator>.
- 28. Today is the last day of February. Go to the WellNYS Everyday website at <https://wellnys.goer.ny.gov> and **check off the days you participated in the Monthly Challenge.**

Number of

days completed