



WellNYS
Everyday

WellNYS
Daily To-Do

September

Carve Out 22 Minutes of Alone Time

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 September 22nd.
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

October Find out your health statistics.

November Plan one positive thing for tomorrow.

December Use a journal to plan healthy activities for 2023.

OCTOBER

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					

NOVEMBER

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		

DECEMBER

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					

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

September

WellNYS Daily To-Do



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

- 1.** The September Monthly Challenge is “Carve out 22 minutes of alone time.” Register on the WellNYS Everyday website and track your progress. Register at: https://wellnys.oer.ny.gov/registration/monthly_challenge_description.cfm.
- 2.** Are you always doing something for other people? This month, make yourself a priority and carve out 22 minutes of alone time as often as you can. The September WellNYS Daily To-Do's will provide creative ideas for what to do with your alone time. Try one of these ideas or do what feels best for you.
- 3.** Find time to be alone. It may be early morning before everyone is up, at lunchtime when you get a mid-day break, after work but before you arrive home, or late in the evening when everyone has gone to bed. What's the best time of day for you?
- 4.** Start a gratitude journal. Sitting alone, write down a person, thing or experience you are grateful for. Take this time alone to reflect on the experience and the positive feelings it brings to mind.
- 5.** Look on your bookshelf and choose a favorite book. Take 22 minutes to start reading it again.
- 6.** Plan a vacation for yourself. This could be a weekend away or your dream vacation or a day just for yourself. Where would you like to go and what you would like to do?
- 7.** Write a letter to someone who has passed away. Share your thoughts about your life since their passing: a favorite memory, an accomplishment, or something new about yourself.
- 8.** Go to a concert or performance all by yourself. Excellent single seats are often available at popular shows.
- 9.** Today, spend some time playing with your pet. If you don't have a pet and love animals, visit an animal shelter or visit a friend with a pet.
- 10.** Prepare a meal plan for next week. Make a grocery list, select a store, and schedule a time to go shopping, or go online and order your groceries to be delivered.
- 11.** Make yourself a priority today. Can you carve out 22 minutes for something you enjoy doing alone?
- 12.** Go for a drive or take a walk somewhere in your hometown that you've never been to before.
- 13.** Treat yourself today to a bubble bath or a long shower. Play soft music and relax for 22 minutes.
- 14.** Write a letter to your future self and share where you are in your life. Remind your future self to maintain your health, share a memory, or describe a positive relationship in your life.
- 15.** Go to a restaurant by yourself. Asking for a table for one may feel odd if you've always gone with others. Order something you wouldn't normally order. Read a book, or not. Enjoy the meal and if you're still hungry after, order dessert.
- 16.** Watch a TED Talk video on a subject you'd like to learn more about.
- 17.** Go for a 22-minute walk, run, bike ride, swim, hike, or other outdoor activity you enjoy.
- 18.** Set an alarm for 22-minutes and meditate. Find a quiet location with few distractions, get into a comfortable position, focus your attention on a word or your breathing, and keep an open mind by letting distractions come and go naturally without judgement.
- 19.** Whatever the weather is today, go outside and enjoy being in nature. Feel the temperature, look up at the sky, look around at the trees, or the open space. How do you feel?
- 20.** Think of something you've always wanted to learn more about and find a place where you can take a class to learn more.
- 21.** Wake up early and watch the sunrise, choose one thing you would like to get done today, and do it.
- 22. Go Beyond the Challenge:** Put on your headphones and play songs by your favorite groups. Sing, dance, or move your body to the beat of the music for 22 minutes.
- 23. Go Beyond the Challenge:** Go to a home improvement store and find one thing you can do to improve in your home. Add a small plant, pick out a color to paint a room, or choose a new picture to hang on a wall.
- 24. Go Beyond the Challenge:** Spend time on your favorite hobby or go to a hobby store and choose one to start. Click on the following link to discover over 250 hobbies in the 2021 January WellNYS Daily To-Do <https://wellnys.oer.ny.gov/documents/wellness-resources/2021%20January%20WellNYS%20Daily%20To-Do.pdf>.
- 25. Go Beyond the Challenge:** People-watch wherever you may be.
- 26. Go Beyond the Challenge:** Try a new coffee shop and a new beverage. Sit and enjoy it instead of rushing to get to the next appointment on your calendar.
- 27. Go Beyond the Challenge:** Put on comfortable clothes and engage in your favorite workout for 22 minutes.
- 28. Go Beyond the Challenge:** Go to a store you love and take your time looking at everything. Enjoy exploring at a slower pace.
- 29. Go Beyond the Challenge:** Set one goal you can achieve by the end of the year. Write down the goal and the steps you will take to reach it. Post this where you will see it every day.
- 30.** Today is the last day of September. 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