

# February 2024



Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday

## 29 days' worth of wellbeing top tips and challenges to keep your people motivated!

<p><b>World Nutella Day</b> 5 Surprise someone today with a jar of Nutella to celebrate!</p>							<p>You can't pour from an empty cup. Be sure to take care of yourself first—spiritually, emotionally, and physically. 6</p>							<p>Wondering how <a href="#">integrated digital health delivers better results for cardiometabolic health needs?</a> 7</p>							<p>Check out the FREE webinar on <a href="#">Increasing Engagement and ROI in Your Wellbeing Program.</a> 8</p>							<p>If you're feeling stressed, listening to a calming song can take your mind off work for a few minutes and help you unwind and refocus. Check out your personal Spotify "Daylist" to get your groove right. 9</p>							<p>Engage in activities that bring you joy and relaxation. 10</p>							<p>😊 11 Unplug and unwind, peace of mind you will find!</p>						
<p>Looking for ways to increase your productivity? Try creating a to-do list at night for the day ahead. 12</p>							<p> Set hourly reminders to take water breaks, ensuring consistent intake. 13</p>							<p><b>Happy Valentine's Day!</b> 14 Show your loved ones you care from the bottom of your heart with 10 heart-health tips from <a href="#">Foodsmart.</a></p>							<p> List 5 achievements you've made so far this month big or small. 15</p>							<p><b>National Caregivers Day</b> 16 <a href="#">Discover the emotional and physical impact of caregiving plus tips to prioritize self-care.</a></p>							<p><b>Random Acts of Kindness Day</b> 17 <a href="#">Kindness gives birth to kindness.</a> How will you show generosity and care today?</p>							<p>Get moving with this <a href="#">playlist by Hello Heart</a>, here to keep you motivated and focused during your next movement break. 18</p>						
<p>Good health is the foundation of a productive workplace. Don't ignore your body! <a href="#">Here are powerful health solutions for you and your people.</a> 19</p>							<p><b>World Day of Social Justice</b> 20 Life's most persistent and urgent question is, "What are you doing for others?"</p>							<p>Be aware that health does not come from a bottle, exercise or supplements. It comes from the collective choices we make each day. 21</p>							<p> Don't skip a beat on these <a href="#">4 heart healthy nutrition tips!</a> 22</p>							<p>Take mini breaks throughout the day to stretch. These small acts of self-care can re-energize your body. 23</p>							<p> Start and end your day with a 5-minute breathing exercise: 4 seconds in, hold for 4, and 4 seconds out. 24</p>							<p>Happiness is a journey, not a destination. Remember that each day! 25</p>						
<p> Recognize a fellow employee today for their hard work. There's no better feeling than spreading joy! 26</p>							<p>Did you know the quality and quantity of sleep you get impacts your heart health? <a href="#">Learn more about the intricate relationship.</a> 27</p>							<p>"The biggest misconception is that empathy makes you weak. It actually makes you stronger and more able to achieve your goals." - <a href="#">Kevin Bacon's Guide to Empathy</a> 28</p>							<p>Happy Leap Day! What will you do with your bonus day of 2024? 29</p>							<p><b>Changing lives for good.</b></p>																				