

# WELLNESS 2020

*I Will with God's Help*

## **Dry January**

Traditionally, this is a month to give up alcohol. If that's not our thing, or we don't drink enough for that to have an impact, give up or cut back on something that might be considered unhealthy; sweets, diet soda, or caffeine. A note about things that can be healthy to give up: the very things we are hesitant to give up!

## **Friend February**

Once per week make a point of connecting with a friend we haven't spoken with in a while. If locally, grab coffee or lunch; if far away, call them on the phone and check in. Cherish the friends that we love and often lose track of; good friends are good for the soul.

## **Money March**

Set a goal to save a certain amount or give an additional amount of money away by intentionally curbing spending on something that is a non-essential. It doesn't have to be a lot. It might be one less espresso a week, or not eating out as much, or curbing our shopping impulse. Be aware of the role of money in our lives and how it is truly a treasure to be handled with good stewardship.

## **Active April**

Get outside and/or get moving. Make it a point to do a bit more walking or engage in some activity that we love. The weather is often wonderful this month, which makes being outside more enjoyable. Walk on the beach, get out in the garden – try to do at least one active thing per week that we enjoy but don't do as often as you might like.

## **Mother Earth May**

There are a lot of little things we can do, that if everyone did, would help make our environment cleaner and/or help make the most of limited natural resources. Consider ways to reduce water usage, save energy, cut down on food waste, recycle more, use less plastic, or volunteer to pick up litter. Be intentional about respect for creation this month.

## **Joyful June**

Be grateful. Give ourselves some time to list all the blessings in our life; people, things, health – whatever it may be, small or large, and let that gratefulness fill us with joy and thanksgiving. It is not as hard as we might think to lead joyful lives!

## **Just Be July**

This is a month to carve out time to just be. To rest. To take sabbath. Take it easy, take naps, get a full night's sleep, take the time we need to remain healthy, and don't feel guilty about it. Just be.

## **Anti-clutter August**

Use this month to get rid of things we don't need, get organized, or pass on treasured mementos to others. We accumulate so many things in our lives that end up doing nothing more than taking up space. Be intentional about throwing away, giving away, or selling the things we don't truly need.

## **Spiritual September**

Find extra time to pray and meditate. Try a new practice, from the daily office, to prayer beads, to praying with scripture. Go to church. Sit in stillness and listen for God. Write down our prayers. Reflect on prayers answered or unanswered. Pray with others. Pray.

## **Open October**

Open with ourselves, that is. Are we aware of our emotions and how they affect us? Do we hear our own self-critical voice too often? Think about stressors, sources of grief, reflect on what makes us angry. Work to identify causes and places where we can work to reduce negative emotions through our choices. If we realize we might need help, we can find a counselor or a member of the clergy to help us.

## **Nacho November**

Nothing against the humble nacho – a fan favorite – but we can use this month to be aware of what we eat and how it affects us. This begins the holiday season when we tend to overindulge a bit. A little attention to a balance diet and healthy choices will help us feel better and maybe live longer. Eat the nachos! Just be aware of how they fit into our overall intake and relation to food.

## **Donate December**

Be generous with our time, our money, and our gifts this month. We tend to do this easily in December. We can also be thoughtful about making an impact with the money we spend on the holiday; less on gifts that don't have real use or meaning, more on people and organizations that need help. We can donate in someone's name as a gift. God has been good to us all year; we can pay it forward!