

November 2020 Worksheet

Use this worksheet to aid in using the celebrating wellness calendar! Even if you don't achieve them all, you'll make steps in the right direction!

WEEK 1: NOVEMBER 1-7		COMMENTS AND THOUGHTS
EATING	Sunday, November 1 Whip up a comforting pot of soup, making sure to include tons of veggies. The great part about soup is that it can be frozen and taken out for an easy, healthy meal during the week. Maybe even drop off a jar at your neighbour's house? <input type="checkbox"/> Task Achieved!	Did you make a pot of soup? <input type="checkbox"/> Yes <input type="checkbox"/> No What veggies did you include? _____ _____
	Monday, November 2 Talk to your doctor about recommended vaccines, booster and flu shots and be sure to get them. This not only protects you but those around you as well. <input type="checkbox"/> Task Achieved!	Did you talk to your doctor? <input type="checkbox"/> Yes <input type="checkbox"/> No Will you be getting the recommended vaccines, boosters or flu shots? <input type="checkbox"/> Yes <input type="checkbox"/> No
SAFETY	Tuesday, November 3 Edit your playlist. Some music can be violent, racist, homophobic or just not good for you. Be mindful of the impact that this music may be having on your mental health and consider whether it's worth listening to or not. <input type="checkbox"/> Task Achieved!	Did you edit your playlist? <input type="checkbox"/> Yes <input type="checkbox"/> No How many songs did you remove? <div> <input type="checkbox"/> 1 - 5 <input type="checkbox"/> 5 - 10 <input type="checkbox"/> 10 - 15 <input type="checkbox"/> 15 or > </div>
	Wednesday, November 4 Research shows that intense, prolonged workouts suppress the body's immune response. Make sure you pace your workout routine throughout the week by including less intense workouts as well which are often referred to as active recovery. This can be taking a walk, doing yoga etc. <input type="checkbox"/> Task Achieved!	What do you do to pace your workouts? <input type="checkbox"/> Take a walk <input type="checkbox"/> Make a weekly schedule <input type="checkbox"/> Do yoga <input type="checkbox"/> Other _____
MENTAL HEALTH	Thursday, November 5 During cold and flu season, consider replacing that traditional handshake with alternatives such as waving, folded hands with a bow or nodding. Hands easily pass along germs, viruses and infections. <input type="checkbox"/> Task Achieved!	What greeting do you prefer over handshaking? <input type="checkbox"/> Waving <input type="checkbox"/> Taking a bow <input type="checkbox"/> Nodding <input type="checkbox"/> Just saying "Hi" <input type="checkbox"/> Other _____
	Friday, November 6 Celebrate the weekend by watching a funny movie or TV show when you get home. Feel free to laugh as hard or as loud as you want. Laughter is proven to decrease stress hormones while increasing immune cells and infection-fighting antibodies. <input type="checkbox"/> Task Achieved!	What movie or TV show did you watch? _____ Have you seen it before? <input type="checkbox"/> Yes <input type="checkbox"/> No How did you like it? 😊 😐 😞 😡 _____ <i>Share your movie and/or TV recommendation with us on social media!</i>
EXERCISE	Saturday, November 7 Load up on cleaning supplies and sanitizers to disinfect your house this flu season. Read your sanitizers' labels to make sure they are effective. When in doubt use bleach, alcohol-based solutions or ammonia but never mix these chemicals. <input type="checkbox"/> Task Achieved!	Did you make sure to load up on cleaning supplies and sanitizers? <input type="checkbox"/> Yes <input type="checkbox"/> No What is your must have cleaner? _____
CARING FOR OTHERS		
CELEBRATION		
ENVIRONMENT		

WEEK 2: NOVEMBER 8-14		COMMENTS AND THOUGHTS
EATING	Sunday, November 8 Add some mushrooms into your winter recipes. Mushrooms contain antiviral and antibacterial properties, which can help fight infections. They also provide protein, vitamin C and iron. <input type="checkbox"/> Task Achieved!	Did you add mushrooms into your recipe? <input type="checkbox"/> Yes <input type="checkbox"/> No What did you make? _____ How do you like mushrooms? 😊 😐 😞 😡 _____ <i>Share your recipes with us on social media you might find another to try</i>
	Monday, November 9 Viruses such as the flu or common cold can easily enter our bodies by touching an infected surface and then touching our face. Avoid touching your face as much as possible. Consider building up a habit such as touching your arm or leg when you have the urge to touch your face or fold your hands together. <input type="checkbox"/> Task Achieved!	Did you avoid touching your face? <input type="checkbox"/> Yes <input type="checkbox"/> No How many times did you find yourself wanting to touch your face? 1 - 5 5 - 10 10 - 15 15 or >
SAFETY	Tuesday, November 10 Are you getting enough sleep? Healthy sleep habits are vital for mental health and can help boost your immune system. Evaluate your sleep schedule and adjust as needed. <input type="checkbox"/> Task Achieved!	How many hours of sleep do you get? 1 2 3 4 5 6 7 8 9 10 What do you find is the best sleep remedy? _____
	Wednesday, November 11 Take your workout outdoors with a brisk walk. Spending time outside allows your body to convert Vitamin D from sun exposure, which helps strengthen your immune system. <input type="checkbox"/> Task Achieved!	Did you take a walk outside today? <input type="checkbox"/> Yes <input type="checkbox"/> No How did you feel getting outside? 😊 😐 😞 😡 _____ Did you take a walk around your neighbourhood or go on a hike? <input type="checkbox"/> Neighbourhood <input type="checkbox"/> Hike
MENTAL HEALTH	Thursday, November 12 Many people with compromised immune systems, such as the elderly, practice social isolation during the flu season. If you know someone who may be avoiding going outside right now, consider checking in on them. Maybe a phone call or text to see how they're doing and if they need anything. <input type="checkbox"/> Task Achieved!	Who do you need to check in on? _____ How are they doing? 😊 😐 😞 😡 _____ Did they appreciate you calling/texting? <input type="checkbox"/> Yes <input type="checkbox"/> No When will you check in on them again? _____
	Friday, November 13 Celebrate the little things in life by wrapping yourself in a warm blanket. Make sure you are tucked in as studies have shown that having cold hands or feet reduces the supply of white blood cells, which is your immune system's first line of defense against infections. <input type="checkbox"/> Task Achieved!	Did you wrap yourself up in a warm blanket? <input type="checkbox"/> Yes <input type="checkbox"/> No What did you do all wrapped up? <input type="checkbox"/> Watch TV <input type="checkbox"/> Read a Book <input type="checkbox"/> Take a nap <input type="checkbox"/> Talk on the phone <input type="checkbox"/> Other _____
EXERCISE	Saturday, November 14 The next time you need to buy that box of facial tissue for the cold and flu season, consider buying a brand made from recycled paper fiber. <input type="checkbox"/> Task Achieved!	Did you buy recycled paper tissues? <input type="checkbox"/> Yes <input type="checkbox"/> No How do you like them? 😊 😐 😞 😡 _____ <input type="checkbox"/> Love them and great for the environment <input type="checkbox"/> Can't tell the difference <input type="checkbox"/> They hurt my nose, don't like them
CARING FOR OTHERS		
CELEBRATION		
ENVIRONMENT		

WEEK 3: NOVEMBER 15-21		COMMENTS AND THOUGHTS
EATING	Sunday, November 15 Switch out your morning coffee for a cup of herbal tea instead. There are many types of herbal tea that are beneficial to us. Lemon can help calm the nerves while green tea and chamomile can help strengthen the immune system. <input type="checkbox"/> Task Achieved!	Were you able to switch from coffee to tea today? <input type="checkbox"/> Yes <input type="checkbox"/> No What kind of tea did you have? _____ Is this your favourite? <input type="checkbox"/> Yes <input type="checkbox"/> No What kind do you want to try next? _____
SAFETY	Monday, November 16 Cold and flu season is upon us. Are you prepared for it? Do you have medications in supply? Have you invested in a good thermometer? Get prepared now. <input type="checkbox"/> Task Achieved!	How are you preparing for the flu season? _____ What do you need to stock up on? <input type="checkbox"/> Medications <input type="checkbox"/> Teas <input type="checkbox"/> Sanitizer <input type="checkbox"/> Cleaning supplies <input type="checkbox"/> Thermometer <input type="checkbox"/> Masks/gloves <input type="checkbox"/> Other _____
MENTAL HEALTH	Tuesday, November 17 Hydration is a key to a strong immune system. Drink your water every day. Warm it up and add some lemon for vitamin C. <input type="checkbox"/> Task Achieved!	How many glasses of water did you have today? _____ Did you add any lemon to it? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Other _____ <i>Did you know? When you are in need of water it sends a mixed signal to the body as hunger. By drinking more water you will feel less hungry throughout the day.</i>
EXERCISE	Wednesday, November 18 If walking outdoors is not an option, head to your local mall and get your steps (and maybe complete some errands) in there. <input type="checkbox"/> Task Achieved!	Where did you get your steps in? <input type="checkbox"/> Outdoors <input type="checkbox"/> Mall <input type="checkbox"/> Gym <input type="checkbox"/> Other _____ How many steps were you able to get in today? _____ <i>Don't have a step counter? A lot of smart phones have one built right in.</i>
CARING FOR OTHERS	Thursday, November 19 Make your own bookmarks and leave them in library books for others to find. Consider using inspiring or uplifting quotes. <input type="checkbox"/> Task Achieved!	Did you make any bookmarks? <input type="checkbox"/> Yes <input type="checkbox"/> No What books did you leave them in? _____ Did you include any quotes? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>Share what you created on social media, we would love to see them!</i>
CELEBRATION	Friday, November 20 Celebrate Friday by having a night in. Feel free to invite a friend or family member over for a game night or some takeout, or even just enjoy a night to yourself. <input type="checkbox"/> Task Achieved!	What did you do on your Friday night in? <input type="checkbox"/> Cook a nice dinner <input type="checkbox"/> Movie night <input type="checkbox"/> Game night <input type="checkbox"/> Other _____
ENVIRONMENT	Saturday, November 21 Remove toxins from your body to help maintain a strong immune system. Increase your water intake, up the amount of fibre you are eating and exercise! <input type="checkbox"/> Task Achieved!	How are you removing toxins from your body? <input type="checkbox"/> Increase water intake <input type="checkbox"/> Increase fibre <input type="checkbox"/> Exercise <input type="checkbox"/> Decrease Salt <input type="checkbox"/> Focus on Sleep <input type="checkbox"/> Limit alcohol <input type="checkbox"/> Reduce sugars <input type="checkbox"/> Other _____

WEEK 4: NOVEMBER 22-28		COMMENTS AND THOUGHTS
EATING	Sunday, November 22 Add some sweet potato to your diet. Diced sweet potatoes can be put in soups, chilis, or simply baked with some butter or brown sugar. Sweet potato is not only delicious but also is a great antioxidant that can help reduce inflammation. <input type="checkbox"/> Task Achieved!	Did you add sweet potatoes to your diet? <input type="checkbox"/> Yes <input type="checkbox"/> No What did you cook with them? _____ How did you like it? 😊 😐 😞 😡 _____ <i>Share your favourite sweet potato recipe with us, so we can try it too!</i>
	Monday, November 23 Did you know that viruses and bacteria can live in the mud and debris that get stuck to your shoes? Keep a clean doormat outside every entrance to your home and take your shoes off as soon as you enter the house. If you like to wear shoes inside, consider designating a pair of shoes for strictly inside. <input type="checkbox"/> Task Achieved!	Do you have a clean doormat outside your home? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you have a designated pair of indoor shoes? <input type="checkbox"/> Absolutely! <input type="checkbox"/> Slippers all the way <input type="checkbox"/> Socks for me <input type="checkbox"/> I could go barefoot all day
SAFETY	Tuesday, November 24 November is a darkening month. Try and brighten up your space by opening the curtains to let natural light in or adding some bright colours to your décor or even your wardrobe. <input type="checkbox"/> Task Achieved!	How do you brighten your space? <input type="checkbox"/> Open the curtains <input type="checkbox"/> New decor <input type="checkbox"/> Bright wardrobe <input type="checkbox"/> It's almost December, I already have my Christmas tree up <input type="checkbox"/> Other _____
	Wednesday, November 25 Try a new winter sport such as skiing or snowshoeing. Make sure you properly bundle up before going outside! <input type="checkbox"/> Task Achieved!	What winter sport are you going to try? <input type="checkbox"/> Hockey <input type="checkbox"/> Skiing <input type="checkbox"/> Snowshoeing <input type="checkbox"/> Curling <input type="checkbox"/> Other _____ Is this a new sport for you? _____ How did like it? 😊 😐 😞 😡 _____
MENTAL HEALTH	Thursday, November 26 Show your appreciation to your service workers today. Maybe that's throwing an extra dollar in the tip jar at your local coffee shop or leaving a positive note on a comment card. <input type="checkbox"/> Task Achieved!	What did you do to show your appreciation? _____ _____ _____
	Friday, November 27 Celebrate the fact that there are such things as healthy fats in the world by having some tonight! Healthy fats can be found in food like olive oil and salmon. They can boost the body's immune response to pathogens by decreasing inflammation. <input type="checkbox"/> Task Achieved!	What healthy fats did you try tonight? _____ How did you like it? 😊 😐 😞 😡 _____ <i>Share how you included healthy fats into your diet with us on social media. Maybe you will even find something new to try.</i>
EXERCISE	Saturday, November 28 If you're already getting a head start on that holiday baking, ditch the disposable aluminum tins and invest in some metal or ceramic baking pans that you can reuse for many holidays parties to come! <input type="checkbox"/> Task Achieved!	Did you buy metal or ceramic baking pans? <input type="checkbox"/> Yes <input type="checkbox"/> No What is your favourite holiday bake good? _____ <i>Share your baking creations on social media! Make sure to tag us in your post and use the hashtag #DunkHolidayBaking to be sure we see.</i>
CARING FOR OTHERS		
CELEBRATION		
ENVIRONMENT		

WEEK 5: NOVEMBER 29-30

COMMENTS AND THOUGHTS

Sunday, November 29

Eat some pomegranate seeds, maybe added to some yogurt or in your morning smoothie. Pomegranate is high in polyphenols, which can improve heart health, fight infection, and improve memory.

☐ **Task Achieved!**

Did you have some pomegranate seeds? ☐ Yes ☐ No

How did you eat them?

☐ Yogurt ☐ Smoothie ☐ Just the seeds ☐ Other _____

How did you like it? 😊 😐 😞 😡 _____

Monday, November 30

Regularly sanitize your phone and keep those hidden germs away from your face. Check your phone's brand as some phones can be easily disinfected using a wipe while others may need to be disinfected using a UV sanitizer.

☐ **Task Achieved!**

Did you make sure to disinfect your phone? ☐ Yes ☐ No

How about your remote controls, tablets, keyboards and refrigerator handles? ☐ Yes ☐ No

Great work this month! See you in December!

