

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 checked="" type="checkbox"/> Task Achieved!	Did you make a pot of soup? <input type="checkbox"/> Yes <input type="checkbox"/> No What veggies did you include? <hr/>
SAFETY	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 checked="" 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
MENTAL HEALTH	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 checked="" type="checkbox"/> Task Achieved!	Did you edit your playlist? <input type="checkbox"/> Yes <input type="checkbox"/> No How many songs did you remove? 1 - 5 5 - 10 10 - 15 15 or >
EXERCISE	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 checked="" 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 _____
CARING FOR OTHERS	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 checked="" 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 _____
CELEBRATION	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 checked="" 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?  Share your movie and/or TV recommendation with us on social media!
ENVIRONMENT	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 checked="" 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? _____

WEEK 2: NOVEMBER 8-14

COMMENTS AND THOUGHTS

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.

 Task Achieved!

Did you add mushrooms into your recipe? Yes No

What did you make? _____

How do you like mushrooms?  _____

Share your recipes with us on social media you might find another to try

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.

 Task Achieved!

Did you avoid touching your face? Yes No

How many times did you find yourself wanting to touch your face?

1 - 5 5 - 10 10 - 15 15 or >

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.

 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.

 Task Achieved!

Did you take a walk outside today? Yes No

How did you feel getting outside?  _____

Did you take a walk around your neighbourhood or go on a hike? Neighbourhood Hike

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.

 Task Achieved!

Who do you need to check in on? _____

How are they doing?  _____

Did they appreciate you calling/texting? Yes 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.

 Task Achieved!

Did you wrap yourself up in a warm blanket? Yes No

What did you do all wrapped up?

Watch TV Read a Book Take a nap

Talk on the phone Other _____

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.

 Task Achieved!

Did you buy recycled paper tissues? Yes No

How do you like them?  _____

Love them and great for the environment

Can't tell the difference They hurt my nose, don't like them

WEEK 3: NOVEMBER 15-21

COMMENTS AND THOUGHTS

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.

 Task Achieved!

Were you able to switch from coffee to tea today? Yes No

What kind of tea did you have? _____

Is this your favourite? Yes No

What kind do you want to try next? _____

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.

 Task Achieved!

How are you preparing for the flu season? _____

What do you need to stock up on?

Medications Teas Sanitizer Cleaning supplies

Thermometer Masks/gloves Other _____

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.

 Task Achieved!

How many glasses of water did you have today? _____

Did you add any lemon to it? Yes No Other _____

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.

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.

 Task Achieved!

Where did you get your steps in?

Outdoors Mall Gym Other _____

How many steps were you able to get in today? _____

Don't have a step counter? A lot of smart phones have one built right in.

Thursday, November 19

Make your own bookmarks and leave them in library books for others to find. Consider using inspiring or uplifting quotes.

 Task Achieved!

Did you make any bookmarks? Yes No

What books did you leave them in? _____

Did you include any quotes? Yes No

Share what you created on social media, we would love to see them!

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.

 Task Achieved!

What did you do on your Friday night in?

Cook a nice dinner Movie night

Game night Other _____

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!

 Task Achieved!

How are you removing toxins from your body?

Increase water intake Increase fibre Exercise

Decrease Salt Focus on Sleep Limit alcohol

Reduce sugars Other _____

WEEK 4: NOVEMBER 22-28

COMMENTS AND THOUGHTS

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.

 Task Achieved!

Did you add sweet potatoes to your diet? Yes No

What did you cook with them? _____

How did you like it?  _____

Share your favourite sweet potato recipe with us, so we can try it too!

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.

 Task Achieved!

Do you have a clean doormat outside your home? Yes No

Do you have a designated pair of indoor shoes?

Absolutely! Slippers all the way Socks for me

I could go barefoot all day

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.

 Task Achieved!

How do you brighten your space?

Open the curtains New decor Bright wardrobe

It's almost December, I already have my Christmas tree up

Other _____

Wednesday, November 25

Try a new winter sport such as skiing or snowshoeing. Make sure you properly bundle up before going outside!

 Task Achieved!

What winter sport are you going to try? Hockey Skiing

Snowshoeing Curling Other _____

Is this a new sport for you? _____

How did like it?  _____

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.

 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.

 Task Achieved!

What healthy fats did you try tonight? _____

How did you like it?  _____

Share how you included healthy fats into your diet with us on social media. Maybe you will even find something new to try.

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!

 Task Achieved!

Did you buy metal or ceramic baking pans? Yes No

What is your favourite holiday bake good? _____

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.

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!

