

24-7 Wellness June 2020

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A year of celebration as Dunk achieves 20 years in business! Join us each week in 2020 as we focus and celebrate wellness. Well at work, home, play and life! Every day of the week we focus on a different aspect of wellness; exercise, eating, mental health, caring for others, safety, environment, and one day is celebration! 2020 is about creating wellness in our life. Take this journey with Dunk and celebrate your wellness! Be sure to tag us on Instagram or Facebook using **#dunkwellness2020** or even send us an email showing and celebrating with us what you have achieved.

SUNDAY Eating	MONDAY Safety	TUESDAY Mental Health	WEDNESDAY Exercise	THURSDAY Caring for Others	FRIDAY Celebration	SATURDAY Environment	IDEAS FOR CELEBRATION
	1 It's backpack awareness day! Check your bag, purse, backpack, etc. and ensure that they aren't too heavy and that you're wearing them properly. Have kids? Make sure that their backpacks are an appropriate size and weight.	2 Try meditation today. It doesn't have to be directed or at a studio. Just lie back and focus on clearing your mind for 15 minutes. Mind won't rest? Then say, softly one word like "peace" Focus on your breathing to help calm your mind.	3 Schedule your workouts for the month. Plan ahead; this sets you up for success.	4 Do the dishes for your colleagues at work. See them starting to pile up in the sink? Roll up your sleeves and quickly get them completed.	5 Celebrate the beauty of plants that we have all around us. Add some potted plants to your space, either at work (as long as you're allowed) or at home. Maybe go for a walk at your local park, or visit a green house and admire the flowers.	6 BBQ season is here! Look for compostable paper plates, cups and utensils. Compost these items in your own yard or in your organics bin, depending on your city.	 <p>Each week we celebrate! But, how can you celebrate?</p> <ul style="list-style-type: none"> • Say thanks! • Write a special note, make a phone call, or send an email. • Share something on social media to show your appreciation. • Pay it forward with a good deed. • Reflect inwardly. • Treat yourself or another person. <p>Other ideas? Do what works for you and remember you can share them with us to include in next month's ideas!</p> 
7 Pick your own food. There are lots of farms for picking fresh berries and more. Bring them home and enjoy.	8 Check out your urine. The best way to check your hydration levels is your urine. Pale yellow = well hydrated! Too dark, drink more water.	9 Spend some time with a dog, cat, or other furry friend. Spending time with animals can lower your stress and stimulate feelings of happiness. If you don't have a pet, visit a local shelter.	10 Try to get in some extra steps today. Maybe park further away from work than you usually would, take the stairs instead of the elevator, or even just march in place while you brush your teeth.	11 Call a local food pantry and see what kind of food they need and then head to your local grocery store, make some healthy purchases and fill the food bank shelves.	12 Plan a fun game night with some friends, family, or coworkers and celebrate the fun. There are tons of online games that people are able to play together, many with built in chat features!	13 Save your errands for one day. Instead of running each errand as it occurs to you, try saving them all for one day. This will save you time and will also reduce your fuel costs.	
14 Get some extra lean protein in today such as plain Greek yogurt, lentils, fish, or chicken. It will boost your metabolism, stabilize blood sugar levels and give you a boost of energy.	15 Embrace the yawn. We all do it. Resist the urge to stifle the yawn; it actually helps cool your brain. Let yourself yawn, but don't forget to cover your mouth!	16 Pick out your clothes and prep for the work week. You'll not only save some time in the mornings, but it will give you a sense of control for the week.	17 Before working out, remember to warm up first. Doing a 10-minute warm up prior to working out reduces your chance of injury. Apply this rule at work as well. Warm up before your shift.	18 Send a letter to someone who might need some cheering up such as someone in a nursing home.	19 Today, celebrate the financial wellness you are working towards, or maybe have already achieved. Put your credit cards away and only pay for your purchases using cash. Better yet, try not to make any purchases at all today.	20 Consider using a professional car wash service to clean your car. Car wash services have the optimal amount of water for a thorough clean down to an art. Using these services ensures minimal water wastage.	
21 Review your grocery list. If you don't buy those salty or sweet unhealthy snacks, you won't eat them. Also try to avoid grocery shopping on an empty stomach.	22 Personal protective equipment (PPE) is not just for work but also for home. Look around your home and see what PPE may be missing or in need of replacing. Maybe your oven mitts have seen better days, or your eye goggles need replacing!	23 I think I can, I know I can. This is your mantra for the day. Every hour or more, repeat this mantra to yourself. I think I can; I know I can. Let your positivity flow.	24 Go for a 30-minute walk. Can't find 30 minutes? Do 10 minutes, 3 times today.	25 Run an errand for someone. Maybe volunteer to be the person to run out for coffee for the office or see if a friend or family member needs you to grab something before you head home for the day.	26 Celebrate that the weekend is here by doing something to spoil yourself when you get home. Go to a movie, out for a healthy meal or take a nap! Those chores/errands will still be there tomorrow.	27 Reduce your junk mail. The average person receives forty pounds of junk mail per year, most of which goes straight into the trash. Cut out the waste by putting a note on your mailbox stating that you 'do not wish to receive Canada Post Neighbourhood Mail'.	
28 Don't forget your fiber. This will not only help keep you regular but keep you fuller for longer, so you don't overindulge. Good sources of fiber include oatmeal, carrots, whole-wheat bread, lentils, kidney beans, dates, prunes, etc.	29 Educate yourself. Take a look at your Health and Safety Board and read the monthly safety talk. Be aware of the hazards in your workplace and how you can protect yourself.	30 Do some breathing exercises. Learn to control your breath and use it as a tool for stress management. There are plenty of apps or videos on YouTube to assist with this. Slow down and breath.					