

November 2024

Take a Pause.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

WellNYS Everyday is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that are healthy for them and to be physically active.

This program encourages employees to:

- Sign-up to receive the **WellNYS Daily To-Do** by email every day.
- Find out where to be physically active in New York State.
- Celebrate your wellness success with “I Did It!”.
- Engage in healthy behaviors while in your workplace.
- Find a NYS Walking workplaces map.
- Learn about Physical Activities in your region.
- Listen to a new wellness webinar every month.
- Become a WellNYS Ambassador for your agency/facility/SUNY.
- 2024 programs include: Count Your Physical Activity Minutes Challenge and the Olympic Experience.



Office of
Employee Relations
Work-Life Services

For more information go to: oer.ny.gov/wellnys-everyday

WellNYS Everyday is sponsored by NYS Work-Life Services.



November

WellNYS Everyday

Take a Pause.

Once you've completed the To-Do, check the box!



1. The WellNYS Daily To-Do for November is to take a pause. The November Wellness Webinar, *Take A Pause* will be on Wednesday, November 6 at 12:00 noon. To register go to: <https://meetny.webex.com/weblink/register/r029535bfee39d5f0dfcd00aac486e388>.
2. Take a pause from thinking: Try a short meditation or breathing exercise.
3. Take a pause from noise: Turn off devices that make noise and sit in silence.
4. Take a pause from talking: In communication you can use pauses to show that you are listening attentively or to emphasize an important point.
5. Take a pause from your computer, phone, or television screens: take a break to give your eyes and brain a chance to relax.
6. Take a pause away from the news of the day; get away from the news if it's stressful.
7. Take a pause if you are over committed; saying no may help free you from doing too much.
8. Take a pause from feeling stressed; count to 10 before you speak or react.
9. Take a pause from tension: take a few deep breaths and feel your body un-clench.
10. Take a pause from stress while driving; turn on some chill music or a podcast.
11. Take a pause and honor a veteran. Every time you see someone in a military uniform tell them you are thankful for their service.
12. Take a pause after sitting too long: physical activity is so good for you. Engage in five minutes of movement.
13. Take a pause from a big problem; talk to someone and break it down into manageable steps.
14. Take a pause from loneliness; reach out to a loved one or a friend.
15. Take a pause and talk to yourself; as I breathe, I am calm and relaxed.
16. Take a pause when you are fighting back tears and cry.
17. Take a pause when you can't sleep; turn on a guided imagery app and listen until you fall asleep.
18. Take a pause when you get into your car; turn off the radio and just drive.
19. Take a pause when your mind is thinking back to the past with regret and the future with worry, be mindful by being kind to yourself. Pay attention to what you see, hear, feel, or taste in the present moment.
20. Take a pause from worrying and reach out to a friend or loved one you are thinking about.
21. Take a pause and ask yourself; what could I do to make someone's day better today?
22. Take a pause for your mental health; or write in a journal.
23. Take a pause today at the top of every hour; try a physiological sigh; do a double inhale to fill your lungs, then do an extended exhale. Try this three times.
24. Take a pause in your mind by going on a mental vacation; imagine yourself on a beach, with the warm sun and wind on your face and feet in the sand.
25. Take a pause and plan your dream vacation; think about where you want to go, what you want to do, and who you would like to go with.
26. Take a pause to laugh. Watch a funny video, movie, or tell a friend a joke.
27. Take a pause if you are feeling rushed; slow down and take your time.
28. Take a pause from making dinner or watching a parade; reach out to friends and family and say "Happy Thanksgiving. I am thankful for you."
29. Take a pause and tell yourself how proud you are of yourself.
30. What was your favorite "take a pause" comment this month? Share it with a friend or family member and continue to take a pause in December.

NUMBER OF DAYS COMPLETED