

December 2024

Be Kind with a Random Act of Gratitude.

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	31				

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.



December

WellNYS Everyday

Be Kind with a Random Act of Gratitude.

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



Office of
Employee Relations
Work-Life Services

1. The final WellNYS Daily To-Do for 2024 is to be kind with a random act of gratitude. The wellness webinar, *Share a Random Act of Gratitude* will be on December 11 at 12:00 noon. To register go to: <https://meetny.webex.com/weblink/register/r42dbaa1306294449e19d43ec2f00cdc5>.
2. A random act of gratitude is a small, kind gesture that shows appreciation for someone or something. Think back to when someone expressed kindness to you. How can you reciprocate?
3. Take time today to appreciate someone who does something you take for granted.
4. Instead of noticing what is wrong with life, notice what is going right. Once you notice it, then savor it for 30 seconds.
5. Think of five people you are thankful for right now. Act on the thought by sending a text or calling at least one person today.
6. Tell someone how much they mean to you. Once a person knows how much you appreciate them, it opens new relationship opportunities. Who's on your mind as you are reading this?
7. Is there a restaurant that you frequent and always get great service and food? Write a letter to the owner and tell them how amazing their restaurant is. As a bonus, share the restaurant on social media.
8. Send a loved one a "good morning" text to show you're thinking of them.
9. Perform a random act of coffee kindness. In line at the coffee counter or drive-thru, pay for the drink of the patron behind you. Your generosity will boost their energy and their mood.
10. Practice random thankfulness. Set an alarm every day for the same time and use that as a cue to randomly thank someone.
11. Speak up publicly at work to highlight others' help and support. Your recognition might be just what someone needs today.
12. Appreciate your pets. Pet your cat or dog and focus the times you've shared together. Be grateful for your pet's unconditional love.
13. Show your gratitude through creative expression. Homemade gifts are often unique and inexpensive, and they can be a great way to show you care. Here are a few ideas: frame a picture for a friend or bring over dinner or dessert to a neighbor.
14. Think of a time when someone who has been kind to you. What emotions did you experience? Take 60 seconds to feel your gratitude and then pay it forward.
15. Help someone who is having a tough day. How will you know? Sometimes just looking at someone will tell if they are, or they will share it with you.
16. Today, post thankful expressions in a visible location at home and at work or on social media.
17. Take a walk and use the time to clear your mind, take some deep breaths and think about the things around you that make you feel grateful.
18. The holiday season can be very stressful for cashiers. Remember to smile, be patient, listen, and express kindness whenever possible.
19. Write or email a former teacher or supervisor who made a difference in your life.
20. Delivery people are so busy in December. Put out a few snacks or bottles of water for them. Make sure you write a note that it is for them.
21. Thank you, I appreciate _____ because _____. Fill in the blank. Who's next for you to say this to?
22. If you see someone may be having a bad day, smile and send them good thoughts.
23. Always, hold open the door for someone else. Always let someone go ahead of you getting off an elevator. Always let someone pull ahead of you in traffic. Every single time you do this you will be grateful you did it.
24. Purchase \$5.00 gift cards and hand them out for fun.
25. The true meaning of many holidays is to give. What can you give today?
26. Leave something somewhere with the intention of making someone's day better. For example: a couple of dollars, a gift card, a card, a wrapped gift, a compliment, or quarters. True giving means you never expect anything back.
27. Leave a fancy pen for your server.
28. Bring flowers and a holiday card to a nursing home and instruct the receptionist to give both to someone who hadn't received any visitors in the past few weeks.
29. Did you remember everyone's birthday this year? Make it a point in 2025 to put names on the calendar then reach out and call the person when it's their birthday. They will be glad you did, and so will you.
30. Start a gratitude journal for a friend or loved one in 2025. Write an entry every day about what you appreciate and details of each day. Express your love and appreciation for all the things they do and are to you. Surprise them with it on New Year's Day 2026 or on their birthday.
31. Which random acts of gratitude did you do this December? Which one will you make a habit of doing in 2025.

NUMBER OF DAYS COMPLETED