Happy Healthy Teachers Matter

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31 Days of Joyful January

mon	tue	wed	thu	fri	sat	sun
Being a Happy Healthy Teacher and finding joy in your life is an inside job! January is a great time to be intentional about doing something every day to be joyful. Getting into the habit makes it easier to create joy on the harder days. Here are 31 action steps to create a happier healthier you!				1 Say thank you today—in person, online, in a letter or a card	2 Be silly... just 10 minutes of silliness is good for us	3 Set a reminder on your phone several times a day to take 3 deep breaths
4 Go somewhere you haven't been before, experience it with all of your senses	5 Use your opposite hand to do things today—it's good for your brain	6 Create something: a poem, a drawing, a song, a sculpture	7 Make someone's day—smile at people in the street, give a stranger a smile	8 Pick a shelf, drawer or cupboard and clear the clutter for 15 minutes	9 Give yourself permission to read something just for pleasure	10 Spend some time in nature & soak it all in!
11 Watch a funny movie and laugh out loud	12 Spend 10 minutes outside in the fresh air	13 Put on some music you like and just enjoy it	14 Write a list of 10 things you are grateful for and share it with a friend	15 Send a card or a note to someone you care about	16 Slow down with your eating and enjoy the taste of your food	17 *Do something kind for yourself—you deserve it*
18 Eat something different—you could try a new recipe or eat a new meal when you go out	19 *Write a list of things that you are proud of- display them on your mirror or fridge*	20 Play a game (online or in person) with someone you enjoy being with	21 Take photos of 5 things that are special to you and display the photos	22 Dance like no-one is looking	23 Notice one thing you haven't noticed before	24 Get outside and move your body
25 Dress up in something that makes you feel fabulous, just because you can	26 Drink more water today - enjoy the freshness	27 Turn off your phone for at least an hour today (try half a day)	28 Listen to your body and enjoy a healthy meal	29 Look in the mirror and give yourself compliments	30 Have a conversation where you turn off your phone and truly tune in	31 Find a positive quote that means something to you—share it

The Healthy Happy Teachers 3 Day Challenge

The Healthy Happy Teachers Online Summit