

January 2022

Wellness Institute Monthly Calendar



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Happy New Year!

Welcome 2022 with ways to boost your **Wellness!**

January 1 New Year's Day

Ring in the new! Do something Fun!

Week #1

January 1-7 Silent Record Week

Fun facts can support your Intellectual wellness: [National Silent Record Week](#) during the first week in January invites Americans to play a silent record. If no silent record can be found, it's an opportunity to enjoy some peace and quiet.

In case you didn't know, silent recordings are a real thing. John Lennon released two silent recordings. One of them was called "Two Minutes of Silence." He recorded it on the album, *Unfinished Music No. 2: Life with the Lions* in 1969. The second silent recording was called "Nutopian National Anthem." It appeared on the album *Mind Games* in 1973.

January 3 Festival of Sleep Day

Sleep is critical for **Physical wellness**, and other dimensions, including **Emotional, Intellectual,** and **Social wellness**. What can you do to relax and prioritize sleep?

January 4 National Trivia Day

Playing trivia games is great for Intellectual wellness. Play a trivia board game with friends or find a free trivia app on your phone or online.

January 6 National Bean Day

There are many budget-friendly bean recipes—good for your **Physical** and Financial wellness!

January 8 National Bubble Bath Day

Not a fan of a bubble bath? Get some bubble soap with a wand and create rainbows in the air!



January 8 National Vision Board Day

Have you ever made a Vision Board? It sometimes is referred to as a dream board—a collage that you create to represent your goals for the year.

You can use a bulletin board or poster board and arrange pictures, shapes, colors, and sayings that remind you of your goals and provide you with inspiration and motivation. Check examples: Google "vision board" then click on "images."

Week #2

January 9-15 Universal Letter Writing Week

You don't need fancy stationery—just a pen, paper, envelope, and stamp. Write to someone to boost your **Social wellness**. Several famous people, including Mark Twain, are credited with signing a note: "I am sorry I wrote such a long letter. I didn't have time to write a short one."

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This week includes several days to strengthen your **Environmental wellness**.

January 10 National Cut Your Energy Costs Day

Your local utility company can give you ideas for reducing your energy consumption and costs. Find tips at the federal [Department of Energy](#) website.

January 10 Houseplant Appreciation Day

Do you have houseplants? If so, tell them how much you appreciate them. If not, look around you to find spaces that have indoor greenery. Plants can really boost your mood in mid-winter.

January 13 National Clean Off Your Desk Day

Set aside at least 10 minutes to declutter at workspace!

January 14 Organize Your Home Day

Set aside at least 10 minutes to declutter at home!

Week #3

January 16-22 Hunt for Happiness Week

Find things that make you happy. Find an opportunity make someone else a little happier. This is a week to focus on **Emotional wellness!**

[Dr. Sonya Lyubomirsky](#) is a world happiness expert who suggests practicing gratitude, investing in social connections, living in the present, can caring for your body.



January 17 Martin Luther King Day

Reflect on the contributions of Dr. Martin Luther King, Jr., and what you can do to promote equality and civility for all people in your community. January 17 is also Civil Rights Day.

January 17-21 No Name-Calling Week

Respect others and respect yourself all week.

January 18 National Thesaurus Day

Find a word-of-the-day! Use your thesaurus or look one up online. Merriam Webster, the dictionary people, post a [word-of-the-day](#) every day. Boost your Intellectual wellness and maybe even your **Social wellness**, since a new word can start an interesting conversation.

Week #4

January 23 National Handwriting Day

Write a letter, take notes by hand, experiment with your handwriting, or practice calligraphy. Improving your fine motor skills is good for your Intellectual wellness. Writing by hand also helps you retain knowledge. There are [many different ways](#) to celebrate today.

January 24 National Compliment Day

You may think this day is primarily geared for **Social wellness**, since complimenting others is good for relationships. Don't forget to compliment yourself, too! That's good for **Emotional wellness**.

January 25 Plan for Vacation Day

Some people say that planning a vacation is as much fun as taking one. This is a good day to indulge in planning. If you'd rather take a vacation than plan it, you still might find that you enjoy it more if you've done a little planning in advance.

No time? No money? Anxious about travel? Take a virtual vacation at a [national park](#) or some other exciting destination that you might enjoy. Many museums and historic sites offer virtual tours. TV travel programs are made for armchair travelers!

January 26 National Green Juice Day

The holidays may be over, but the New Year celebration and commitments to our resolutions continue with [National Green Juice Day](#) on January 26th. Every year, the celebration encourages people to stick to their wellness resolutions by drinking a green juice.

January 26 Library Shelfie Day

Library Shelfie Day is a holiday that's observed on the fourth Wednesday in January. It's a holiday when people, schools, libraries, and bookstores are encouraged to take a photo of their bookshelves to convey to the world their particular reading preferences. Line up your books on a shelf, take a picture of it, and then post it on the Internet for all the world to see. This is a great way to spread the word about authors and works that you love or to find out what other people are recommending others to read. This holiday founded by the New York Public Library encourage people to share the books they love with other people. Since then, it's a holiday that's been celebrated all over the U.S and is now known as [National Library Shelfie Day](#).

January 28 National Kazoo Day

Can you kazoo? If you enjoy music (and a bit of silliness), consider forming a kazoo band to celebrate this day!



January 29 National Puzzle Day

Crossword, jigsaw, sudoku, or whatever you enjoy—all will benefit your **Intellectual wellness**.

January 29 National Seed Swap Day

All budding gardeners out there, who enjoy growing new plants, will enjoy Seed Swap Day. Although people have been swapping seeds since time began, nowadays people usually buy seeds, and the skill of swapping seeds is disappearing.

Week #5

Well, it's not really a whole week (just a Sunday and a Monday), but enjoy it just the same!

January 31 Inspire Your Heart With Art Day

Try a new art activity or explore art created by others. Visit a gallery, museum, or exhibit in your area. There also are many websites featuring the work of visual artists who are well known and not so well known. Expand your horizons!



References and Resources

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The special days listed are from:

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