

# Wellness Institute Monthly Calendar

November 2022



## Monthly Celebrations

### *National Gratitude Month*

Take time this month to give thanks for the big and small things that you appreciate. It's [good for your mental health!](#)



### *Sweet Potato Awareness Month*

It's easy to cook sweet potatoes, which are a nutrition powerhouse! Full of vitamins and fiber, they're sweet and tasty, too. You can just slice them in half and bake them cut side down on a greased pan. Find more info and interesting recipes at the [Have a Plant](#) website.

## Week 1: November 1-5

### *November is National Life Writing Month*

Get started this week by [writing about](#) your memories, family history, and traditions.

## Week 2: November 6-12

### *November 6: Daylight Savings Ends*

If you live in a Daylight Savings Time area, remember to set your clocks back one hour.

## Week 3: November 13-19

### *November 13: World Kindness Day*

Compassion for others is what binds us together. Today is a special day for reaching out to others with kindness. For information and resources, visit [Inspire Kindness](#).

### *November 14: World Diabetes Day*



world diabetes day

14 November

For info and resources, visit the [WDD website](#).

### *November 15: I Love to Write Day*

John Riddle, founder of [I Love to Write Day](#), says, "Writing can be fun, but also challenging. People need to be challenged, and writing is but one of many creative ways to express yourself." Write a poem, a love letter, a greeting card, an essay, or a short story. Work on your novel or keep on with your life writing project.



### Week 3: November 13-19 (continued)

#### *November 17: Great American Smokeout*

For info: [American Cancer Society](#).

#### *November 17: Take a Hike Day*

Long or short, near or far, [plan a long walk](#) for today. Many parks now have accessible paths, so investigate the options in your area.

#### *November 17: Homemade Bread Day*

If you've never baked bread, this is a great time to give it a try! Yeast bread is a lot of fun to make. Or try grilling a flatbread. Quick bread is another option—try zucchini, pumpkin, or applesauce bread for extra nutritional goodness. Recipes are easy to find online, and mixes are readily available.

#### *November 18: Apple Cider Day*

It's a great day to have fresh, local cider, if you can get it in your area. While people often drink it ice cold, it's also great hot. Add a sprinkle of cinnamon and heat a cup in the microwave. Yum!

### Week 4: November 20-26

#### *November 26: Day of Listening*

The National Day of Listening is part of the [StoryCorps](#) project. This is a day to explore personal stories and experiences. Since it began in 2003, StoryCorps has recorded over a half a million stories. Many are posted on their [website](#).

#### *November 26: You're Welcome Giving Day*

Saying thank you is important and so is saying "you're welcome" when someone expresses appreciation to you!

### Week 5: November 27-30

You have a few days left in this month to write, eat sweet potatoes, express gratitude, or even start your own special day in November!

Looking for tips to help you with your life writing this month? Here are several sites that include tips for writing a memoir:

[Master Class](#)

[The Write Life](#)

[Writers](#)



Consider a journal! Check out our journaling resource:

[Journaling: A Wellness Tool](#)

### References and Resources

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For more special days, see <https://www.holidaysmart.com/holidays/daily/november> and <https://www.angiegensler.com/november-holidays/>