



# The WELLesley Employee

Happier January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5. Look for the good in others and notice their strengths	6. Take five minutes to sit still and just breathe	7. Learn something new and share it with others	8. Say positive things to the people you meet today	9. Get moving. Do something active (ideally outdoors)	10. Thank someone you're grateful to and tell them why	11. Switch off all your tech at least an hour before bedtime
12. Connect with someone near you - share a smile or chat	13. Take a different route today and see what you notice	14. Eat healthy food which really nourishes you today	15. Get outside and notice five things that are beautiful	16. Contribute positively to your local community	17. Be gentle with yourself when you make mistakes	18. Get back in contact with an old friend
19. Focus on what's good, even if today feels tough	20. Go to bed in good time and allow yourself to recharge	21. Try out something new to get out of your comfort zone	22. Plan something fun and invite others to join you	23. Put away digital devices and focus on being in the moment	24. Take a small step towards an important goal	25. Decide to lift people up rather than put them down
26. Choose one of your strengths and find a way to use it today	27. Challenge your negative thoughts and look for the upside	28. Ask other people about things they've enjoyed recently	29. Say hello to a neighbour and get to know them better	30. See how many people you can smile at today	31. Write down your hopes or plans for the future	

ACTION FOR HAPPINESS

Happier · Kinder · Together


**CMG**  
Associates

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### LET US HELP

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WEBSITE: [www.cmgassociates.com](http://www.cmgassociates.com)

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WOULD YOU LIKE TO HELP PLAN THE EMPLOYEE BENEFITS, SAFETY & WELLNESS FAIR?  
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**January Wellness:**  
Mental Health Resolutions to Build Resiliency in 2026



January 2026