



# The WELLesley Employee



Happier January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Find three things to look forward to this year	2. Make time today to do something kind for yourself	3. Do a kind act for someone else to help brighten their day	4. Write a list of things you feel grateful for and why	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

**JANUARY 2026**  
YOUR EMPLOYEE SUPPORT PROGRAM

**CMG Associates**

**Staying on Track:**  
7 Practical Strategies for Goal Commitment

Available on Demand Starting Jan 20

Learn practical tools to stay consistent, overcome setbacks, and achieve what matters most. We'll also explore simple ways to stay motivated and build habits that keep you moving forward.

**LET US HELP**  
Visit your home page starting January 20th  
WEBSITE: [www.cmgassociates.com](http://www.cmgassociates.com)  
PASSWORD: WELL

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



Diabetes Care Rewards Program



**WE WANT YOU!**

WOULD YOU LIKE TO HELP PLAN THE  
EMPLOYEE BENEFITS, SAFETY & WELLNESS FAIR?  
EMAIL [JGLOVER@WELLESLEYMA.GOV](mailto:JGLOVER@WELLESLEYMA.GOV)

**Exclusive Membership Discount for Town Of Wellesley Full-Time Employees!**



**Living Well at Home with virtual wellness classes**

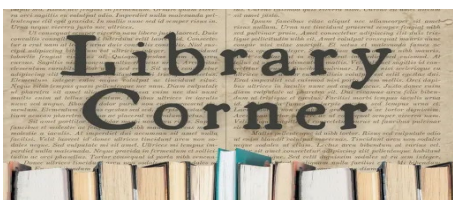
Our well-being programs are here for you when you need them the most.



[Click Here to See The MIIA Training Calendar](#)



Did you know that you have access to [recorded trainings](#) on a variety of topics through MIIA? If you don't already have a login, you can register here using your Wellesley email: <https://www.emia.org/join>  
[MIIA's New E-learning Center](#) provides quality training to meet annual requirements and tracks compliance for organization members at no cost to you. Train anytime, anywhere with our vast online library that includes more than 3,000 diverse courses and videos. For instructions on how to register, [click here](#).  
Do you have an event or training that you would like to make available to all employees? Please contact Jen Glover [jglover@wellesleyma.gov](mailto:jglover@wellesleyma.gov)



**CLICK HERE FOR YOUR EMPLOYEE ASSISTANCE PROGRAMS**

January Wellness:

*Mental Health Resolutions to Build Resiliency in 2026*

