



WEEK	ACTION/ACTIVITY	RESOURCES
Week of November 21st	<ul style="list-style-type: none"> • Start planning for December • Consider a volunteer activity for International Volunteer Day (December 5th) • Consider having a lunch and learn or training on healthy behaviors and/or holiday stress management • Consider using a gratitude/appreciation wall for employees to express their thanks to coworkers • Promote any events on company's social media site and company intranet sites 	<ul style="list-style-type: none"> • Guide – Anthem: Healthy holidays • Resource page- UN: International Volunteer Day
Week of November 28th	<ul style="list-style-type: none"> • <i>Promote gratitude wall with flyer The Science and Beauty of Gratitude</i> • <i>Promote International Volunteer Day (December 5th)</i> • <i>Purchase attendance/participation incentives</i> 	<ul style="list-style-type: none"> • Flyer – Anthem: The Science and Beauty of Gratitude • Resource page - UN: International Volunteer Day
Week of December 5th	<ul style="list-style-type: none"> • Promote planned activities • Celebrate International Volunteer Day (December 5th) • Promote healthy holiday planning with resource Healthier Holidays in 1-2-3! And resource Healthy Holidays: 6 Tips for Maintaining Good Habits • Start gratitude/appreciation wall 	<ul style="list-style-type: none"> • Resource – CDC: Healthier Holidays in 1-2-3! • Resource – Mayo Clinic: Healthy Holidays: 6 Tips for Maintaining Good Habits
Week of December 12th	<ul style="list-style-type: none"> • <i>Promote planned activities</i> • <i>Distribute flyer Holiday Stress Management</i> • <i>Continue and promote gratitude/appreciation wall</i> 	<ul style="list-style-type: none"> • Flyer – Anthem: Holiday Stress Management • Resource – Mayo Clinic: 9 Tips to Fend off Holiday Stress
Week of December 19th	<ul style="list-style-type: none"> • <i>Distribute flyer Staying Healthy Through the Holidays</i> • <i>Continue and promote gratitude/appreciation wall</i> • <i>Promote planned events</i> 	<ul style="list-style-type: none"> • Flyer- Anthem: Staying Healthy Through the Holidays • Resource – WebMD: How to Stay Active Over the Holidays
Week of December 26th	<ul style="list-style-type: none"> • <i>Distribute information on healthy goal setting with resource Goal Setting During the Holidays</i> 	<ul style="list-style-type: none"> • Resource – Psychology Today: Goal-Setting During the Holidays