

WellNYS Everyday

2024 Monthly Challenges



Office of
Employee Relations
Work-Life Services

January: Create and engage in a wellness challenge with a friend or coworker.

February: Connect and socialize.

March: Shop and make your meals instead of dining and take-out.

April: Organize your finances.

May: Participate in the Count Your Physical Activity Minutes Challenge.

June: Grow a plant or a garden.

July: Join the WellNYS Everyday Olympic Experience.

August: De-stress your life to improve your personal wellness.

September: Journal your thoughts every day.

October: Enjoy a New York State apple.

November: Take a pause when you need it.

December: Be kind with a random act of gratitude.

Be Well Everyday by subscribing to the WellNYS Daily To-Do email. The WellNYS Daily To-Do provides positive suggestions on how to engage in the Monthly Challenge.

To receive the email daily, go to <https://oer.ny.gov/wellnys-daily-to-do>.

A New York State Work-Life Services program for NYS employees and family members. oer.ny.gov/wellnys-everyday

