From:	NDSU SAEM Global on behalf of Oster-Aaland, Laura				
To:	NDSU-SAEM-GLOBAL@LISTSERV.NODAK.EDU				
Subject:	Our Good Things - January 2023 Update				
Date:	Thursday, February 1, 2024 8:38:28 AM				
Attachments:	image001.png				

Hi everyone,

I always think of calendars as January rolls around. It feels like a blank slate ready to get filled in. Below is the <u>Happiness Calendar</u> from February 2024 from Greater Good Magazine. Take time to give and receive gratitude. It's good for our well-being!

February 2024 Happiness Calendar			This month, communicate mindfully. Keep up with the latest on the science of connection, compassion, and happiness by subscribing to our newsletters.			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
G G Great S C Scient ggsc.berkel greatergoo		-		Identify something that makes you unique.	2 In a difficult conversation, pause before you respond.	3 Read our best articles of 2023.
4 Get some exercise.	5 Create an agenda for work meetings.	6 Reflect on a time when someone supported you,	7 Cook a meal with your family.	8 Stand up for what's right.	Are you prone to feeling awe? Take our quiz to find out.	10 Instead of getting defensive, try to stay open to what someone is telling you.
Read positive and uplifting news stories.	12 Learn about the power of storytelling in Black American history.	13 Set clear, manageable goals.	14 Try a fun, new activity with your partner.	15 Talk to yourself with a warm, self- compassionate voice.	16 Stop mindlessly scrolling on social media.	17 If an argument is getting too heated, take a break.
18 Journal about your dreams.	19 Make small talk with a stranger.	20 Look for beautiful things in your everyday life.	21 Get curious about people who seem different from you.	22 Explore green space in your neighborhood.	23 Before you forgive, process your own pain.	24 Visualize what your ideal relationships would look like.
25 Ask open- ended questions.	26 Meditate on nature to feel more grounded.	27 Check in with your body when you feel emotions arising.	28 Enjoy your alone time.	29 Remember your ancestors.		W.

Please take a moment to <u>submit</u> a recognition of one of your colleagues – either within or outside of your department. I'm grateful for your participation in this project!

Here are those that were recognized in January:

- AJ Klein in Enrollment Management Administrative Systems
- Shar Kurtz in Information Technology Services
- Lisa Richter and Jeanne Frenzel both in Pharmacy
- Cindy Breyer in Human Resources

Laura

Laura Oster-Aaland, PhD

Vice Provost for Student Affairs and Institutional Equity Pronouns: she/her/hers

Old Main 100 Dept 2830, PO Box 6050 Fargo ND 58108-6050 p: 701.231.7052 www.ndsu.edu





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