ON A ROLL

YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL TO DREAM A NEW DREAM
-C.S. LEWIS

January Observances and Events:

Happy New Year!
National Blood Donor Month
Jan 1 – New Year’s Day
Jan 8 – Classes begin at 4:00pm
Jan 15 – No Classes; MLK Service Day (Martin Luther King Jr. Day)

ON A ROLL

January 2018

HEALTHY HERD CHAMPIONS
STUDENT HEALTH SERVICE - 701.231.7331

OCCUPATIONAL

Preparing and making use of your gifts, skills and talents in order to gain purpose, happiness, and enrichment in your life.

Integrate a commitment to your occupation into a satisfying and rewarding lifestyle.

Improve your occupational wellness and give back to the Fargo community on January 15th!

MLK Day of Service was established to honor Martin Luther King Jr. and bring us closer to his vision of a respectful community.

Your occupational wellness can be affected by how you set new year’s resolutions too! Here are quick tips on how to be realistic and achievable:

1. Pick something that is important to you
2. Set a SMART goal centered around your resolution (specific, measurable, achievable, relevant, and time-bound)
3. Make a plan that includes setbacks not just successes
4. Offer yourself a small reward if you successfully follow your resolution (or part of it)
5. Know that roadblocks are unavoidable, but keep your eye on the prize and how far you’ve already come

For more health and wellness information visit:
www.ndsu.edu/studenthealthservice