

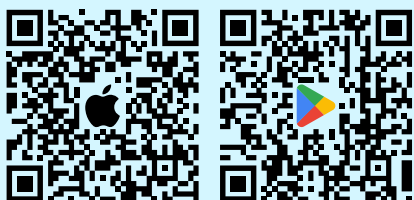
JANUARY 2027

CONNECT

WITH YOUR WELL-BEING

The beginning of a new year is a great time to connect with your well-being. If you want to create new goals and start healthy habits, the first step is checking in on how you're doing physically, mentally, and emotionally. By checking in with yourself now, you can set realistic and attainable goals that help you feel accomplished, fulfilled, and healthier!

- ☐ Set a goal for January.
- ☐ Journal to reflect on the past year.
- ☐ Create an account for the app and take EFR Mental Health Check-Ins.



Visit efr.org/register to create a profile, then download the app.

S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6



FEBRUARY 2027

CONNECT

WITH YOUR BODY

Your body needs the basics to survive: water, shelter, food, air, and rest. However, there are other things you can do if you want to feel like you're thriving instead of simply surviving. Consider social connection, hobbies, and movement to challenge your brain and body to get the most out of life!

- ☐ Schedule yearly physical, vision, and dental screenings.
- ☐ Perform monthly self-exams (skin, breast, or testicle).
- ☐ Complete a [body scan](#) [mindfulness exercise](#).



S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6



MARCH 2027

CONNECT

WITH FOOD

Celebrate National Nutrition Month by learning about the foods you love! Food gives us the energy to get through the day and can be a great way to connect with others. Sharing a meal builds trust, community, and a sense of belonging. Food connects people from different cultures, generations, and ways of life—we are social beings and food helps us bond!

- ☐ Learn about the cultural origin of your favorite dish.
- ☐ Enjoy a meal with a loved one.
- ☐ Turn off the screens and experience a distraction-free meal.

S	M	T	W	T	F	S
28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



APRIL 2027



CONNECT

WITH YOUR FINANCES

Finances are a large source of stress for many. Balancing debt, bills, and saving money can be confusing and put a lot of pressure on our already hectic lives. However, this doesn't always have to be the case! If you want to take control of your finances and learn how you can achieve financial stability, consider EFR's financial consultation benefit!

- ☐ Track your spending for one week.
- ☐ Set a savings goal for the following week.
- ☐ Schedule a [financial consultation](#).



S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1



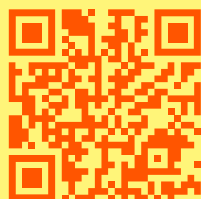
MAY 2027

CONNECT

WITH OTHERS

Having a social support system has strong, positive effects on your mental and physical health! Strengthening your relationships is beneficial to you and the people you care about. If you're looking for a way to connect with new people, try Togetherall! This confidential, online platform allows you to explore mental health resources, and chat with people who have similar life experiences.

- ☐ Reach out to a loved one you miss.
- ☐ Volunteer in your community.
- ☐ Join [Togetherall](https://togetherall.org).



S	M	T	W	T	F	S
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5



JUNE 2027

CONNECT

WITH REST

June is a great time to prioritize well-being by making space for regular breaks and setting healthy boundaries. As schedules become busier with summer activities, taking time to rest and clearly communicate your limits can help reduce stress and prevent burnout. Even small moments to recharge throughout the day can improve focus, energy, and overall well-being.

- ☐ Set a bedtime/wake up time for the month.
- ☐ Try the 20-20-20 Rule: Every 20 minutes, stand up and look at something 20 feet away for 20 seconds. This helps to reduce eye strain from looking at a screen for too long.

S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3



JULY 2027

CONNECT WITH YOUR EAP BENEFITS

Did you know you have access to a variety of resources to promote well-being and support a healthy lifestyle? From counseling to child and eldercare benefits – financial consultations to life coaching, as well as Podcasts and our app, EFR is here to support you with whatever you need, wherever you need it.

- ☐ Listen to the [Emotion Well Podcast](#).
- ☐ [Register for the EFR app](#).
- ☐ [Explore all the benefits](#) you get for free!



Emotion Well Podcast



EFR App Registration



EAP Benefits

S	M	T	W	T	F	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



AUGUST 2027

CONNECT

WITHOUT SCREENS

Technology has connected us in ways once thought impossible. While convenient, sometimes we mistake the connection through social media or other apps as enough for our well-being. Many people need face-to-face interactions to feel truly connected to loved ones, and to themselves!

- ☐ Enjoy a walk without the distraction of your phone.
- ☐ Create a screen-free zone in your home.
- ☐ Make an old-fashioned phone call.

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



SEPTEMBER 2027

CONNECT

AT WORK

No matter where you work or what kind of job you hold, your surroundings are very important to your professional well-being. Whether it's a desk, locker, truck, coffee shop, or work from home set-up, your work environment matters! Consider how you can improve not only the physical space you work in, but also the social environment you share with others.

- ☐ Recognize and celebrate the accomplishments of a coworker.
- ☐ Organize your workspace.
- ☐ Share this Monthly Motivator with a colleague.

S	M	T	W	T	F	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2



OCTOBER 2027

CONNECT WITH NATURE

The sights, sounds, and smells of nature have amazing benefits to humans. From boosting energy levels to improving your mood, being outdoors in green or blue spaces are great ways to connect with nature. You can even bring nature to you! Indoor plants provide an opportunity to take care of something while enjoying the benefits of greenery.

- ☐ Take a nature walk.
- ☐ Add an indoor plant to your home or office.
- ☐ Practice the [5-4-3-2-1 mindfulness exercise](#) outdoors.



S	M	T	W	T	F	S
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

NOVEMBER 2027

CONNECT THROUGH HOBBIES

Sharing a hobby is a great way to build meaningful connections while doing something you enjoy. Whether it's joining a book club, taking a fitness class, gardening, crafting, or volunteering, hobbies can introduce you to people with similar interests and create a sense of community. This month, try reconnecting to something you used to love doing, or venture out and try something new!

- ☐ Try something new with a friend.
- ☐ Attend a group activity in your community (pottery, cooking class, cards, book club, painting).
- ☐ Revisit a hobby from your childhood.

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4



DECEMBER 2027

CONNECT WITH HEALTHY HABITS

The new year approaching is a great time to check in with your well-being and habits. If you take a little bit of time each day to track your habits, you can see where you're doing great work and identify areas that may need a little extra support! Remember, progress and consistency are key to creating lasting change. The goal is progress, not perfection!

- ☐ Monitor daily steps.
- ☐ Monitor hours of sleep.
- ☐ Monitor ounces of water.

S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

