

November 2023

Native American Heritage Month

			<p>1</p> <p>Learn more about the Tribal territory you reside in with the Native Lands interactive map.</p>	<p>2</p> <p>Take a 20-minute walk and enjoy the fall colors.</p>	<p>3</p> <p>Acts of kindness can release endorphins, which are natural mood lifters.</p>	<p>4</p> <p>Self-care is not selfish; it's necessary for mental health.</p>
<p>5</p> <p>Write down one personal and one professional goal for this week.</p>	<p>6</p> <p>Did you know that just 5 minutes of mindfulness meditation can reduce stress?</p>	<p>7</p> <p>Pumpkin seeds from winter squashes are a Native American staple.</p>	<p>8</p> <p>Indigenous communities of the Bay Area include the Ohlone, Miwok, Tamien, and Pomo tribes.</p>	<p>9</p> <p>Do 3 sets of 10 jumping jacks, push-ups, and sit-ups.</p>	<p>10</p> <p>Compliment someone today.</p>	<p>11</p> <p>Take a long bath or shower.</p>
<p>12</p> <p>Review last week's goals and set new ones.</p>	<p>13</p> <p>Take 5 minutes today to practice deep breathing. Inhale for 4 counts, hold for 4 counts, exhale for 4 counts.</p>	<p>14</p> <p>Take a moment to learn about some of the food traditions of Native Americans.</p>	<p>15</p> <p>Listen to the insights and experiences of Native Americans.</p>	<p>16</p> <p>Dance to your favorite song.</p>	<p>17</p> <p>Small acts of kindness can have ripple effects in a community.</p>	<p>18</p> <p>Lack of self-care can lead to burnout.</p>
<p>19</p> <p>Write down what you're thankful for as part of your weekly goals.</p>	<p>20</p> <p>Mindfulness can improve your focus and attention.</p>	<p>21</p> <p>The Three Sisters (corn, beans, and squash) are a powerful nutritional trio originating from Native American agriculture.</p>	<p>22</p> <p>Learn about the importance of oral traditions in Native cultures.</p>	<p>23</p> <p>Take a family walk after your Thanksgiving meal.</p>	<p>24</p> <p>Donate to a local food bank.</p>	<p>25</p> <p>Read a book or watch a movie you enjoy.</p>
<p>26</p> <p>What do you want to accomplish in December?</p>	<p>27</p> <p>Do a 5-minute body scan meditation. Start from your toes and work your way up, noticing any tension.</p>	<p>28</p> <p>Make a fall fruit salad with pears, apples, and cranberries.</p>	<p>29</p> <p>Learn about Indigenous mindfulness practices.</p>	<p>30</p> <p>Try a 10-minute YouTube yoga session for beginners.</p>		