

# W2 Monthly Communications Update

January 2023

## Key Topics

This month you should be focusing your efforts on **Weight Management** and **Stress**. Visit the following links for resources on these areas:

**Nutrition (Weight Management):** <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Nutrition/>

**Stress:** <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Stress/>

Additionally, W2 will showcase two articles this month under the Physical Optimization focus area, W2 will publish the following articles: ***How to Make SMART Fitness Goals that Work for You*** and ***Working Up a Sweat in the New Year***. Under the Work/Life Balance (Sleep) focus area, W2 will publish the article: ***Sleep Readiness to Achieve Optimal Work Performance for the Warfighter***. All articles will be published to the Defense Visual Information Distribution Service (DVIDS) and linked from social media.

## Health Observances

### Daily:

- 03 Jan – Mind/Body Wellness Day
- 04 Jan – National Trivia Day
- 06 Jan – Technology Day
- 09 Jan – Clean Your Desk Day
- 11 Jan – Take the Stairs Day
- 12 Jan – Stick to New Year's Resolutions Day
- 13 Jan – Make Your Dreams Come True Day
- 14 Jan – Organize Your Home Day
- 16 Jan – Blue Monday
- 19 Jan – New Friends Day
- 20 Jan – Take a Walk Outdoors Day
- 24 Jan – Just Do It Day/ Compliment Day
- 25 Jan – Fish Taco Day/Opposite Day
- 26 Jan – Spouses Day
- 31 Jan – Inspire Your Heart with Art Day

### Weekly:

- New Year's Resolution Week (01 Jan – 07 Jan)
- Health Weight Week (15 Jan – 21 Jan)

## Monthly:

N/A

## Social Media

Each month you should complete **at least one** of the following items through your command's social media page:

- Like the W2 Facebook page: [www.facebook.com/warfighterwellness/](http://www.facebook.com/warfighterwellness/)
- Follow the W2 Instagram account: [www.instagram.com/warfighterwellness/](http://www.instagram.com/warfighterwellness/)
- Like, comment, or share a post from the W2 Facebook and/or Instagram page.
- Monthly Plan for commands without Social Media accounts