



Get a Balanced Life Month

If you're like most of us, you're feeling stressed right now. Try to relax, help is on the way. This video offers some tips on finding the work-life balance we all need.

#GetaBalancedLifeMonth #stress #worklifebalance

<https://video.alexanderstreet.com/watch/life-balance-part-1>

Hobby Month

Have some free time? Maybe you could use a hobby. And, no, watching TV is not a hobby. This video shows how anyone can explore the great outdoors as a nature photographer.

#HobbyDay #photography

<https://video.alexanderstreet.com/watch/how-to-get-started-in-nature-photography>

1-Jan Polar Bear Swim Day

Swimming with polar bears is nothing like that time you swam with dolphins. This video lets you enjoy polar bears in their watery habitat, but from a safe distance.

#PolarBearSwimDay #polarbears

<https://video.alexanderstreet.com/watch/polar-bears-2>



2-Jan World Introvert Day

Maybe you're shy. But your best friend is the life of the party. Ever wonder why? This video outlines a test that helps you identify your personal style.

#WorldIntrovertDay #MeyersBriggs #personalitytest

<https://video.alexanderstreet.com/watch/trying-myers-briggs>

2-Jan Science Fiction Day

Sometimes truth is stranger than fiction. Sometimes fiction is stranger than truth. Celebrate the latter on #ScienceFictionDay with this creepy movie classic.

<https://video.alexanderstreet.com/watch/sleuth>



2-Jan Motivation and Inspiration Day

You work hard every day, but do you feel inspired in your work? It makes a big difference. Here's the story of how one person gets motivated every day.

#MotivationandInspirationDay

<https://video.alexanderstreet.com/watch/motivation-in-action-case-study-examples>

3-Jan Festival of Sleep Day

Are you one of those people who brags about not needing much sleep? This video says you're wrong. Do you have trouble sleeping? Watch to learn more than just counting sheep.

#FestivalofSleepDay #insomnia #sleepcure

<https://video.alexanderstreet.com/channel/chasing-sleep>

4-Jan Hypnotism Day

"Follow the watch...you're getting sleepy." Movie clichés and magician's tricks have little to do with real hypnotism. This video shows it has seriously helpful uses.

#HypnotismDay #hypnosis

<https://video.alexanderstreet.com/watch/clinical-hypnosis-as-a-vehicle-for-promoting-better-decisions>



4-Jan Trivia Day

Don't let those trivia buffs get to you. It's about memory, not intelligence. It's fun if everyone keeps a sense of humor. And humor is what this video is all about. #TriviaDay

<https://video.alexanderstreet.com/watch/andy-rooney-s-inauguration-trivia>

5-Jan Bird Day

You might think birds aren't very bright. But many of these "bird-brains" have the sense to fly south for the winter. For #BirdDay, watch our traveling feathered friends.

<https://video.alexanderstreet.com/watch/for-the-birds>



7-Jan Harlem Globetrotters Day

They're known for basketball artistry, ball-handling wizardry and never losing. For #HarlemGlobetrottersDay, here's one former player's off-court victories.

<https://video.alexanderstreet.com/watch/hardwood>

8-Jan Earth's Rotation Day

The journey makes your cross-country drive look like a trip around the block. Celebrate #EarthRotationDay with videos that follow Earth's voyage around the sun.

<https://video.alexanderstreet.com/channel/orbit-earth-s-extraordinary-journey>

9-Jan Law Enforcement Appreciation Day

They have good days and bad days, but their bad days can be truly horrific. Salute the brave men and women of your police force on #LawEnforcementAppreciationDay

<https://video.alexanderstreet.com/watch/ernie-joe-crisis-cops>

10-Jan Cut Your Energy Costs Day

It knocks down tree branches, blows hot and cold and messes up your hair. But wind has many good uses as well. This video shows how a simple breeze can provide cheaper energy. #CutYourEnergyCostsDay #windpower #cheapenergy

<https://video.alexanderstreet.com/watch/wind-power-4>

13-Jan Public Radio Broadcasting Day

Imagine a time before the internet, if that's possible. It seems primitive today, but radio was once the primary source of information. Find out how it all got started.

#PublicRadioBroadcastingDay #radio #broadcasthistory

<https://video.alexanderstreet.com/watch/empire-of-the-air-the-men-who-made-radio>



14-Jan Clean Off Your Desk Day

Looking for something? We know, it was there a moment ago. If only you could keep your desk clean, just think of the time you'd save. This video will help straighten up.

#CleanUpYourDeskDay

<https://video.alexanderstreet.com/watch/decluttering-the-office>



15-Jan Hat Day

Hats. They make a fashion statement, keep you dry in the rain and cover up a bad hair day. Check out these vintage and modern hat trends on the catwalks of New York Fashion Week for #HatDay

<https://video.alexanderstreet.com/watch/side-x-side-hats>



16-Jan Religious Freedom Day

Just in case you ever take it for granted, today is #Religious-FreedomDay. This video explains the two dominant sociological approaches to religion. A great introduction for students new to the topic.

<https://video.alexanderstreet.com/watch/religion-what-it-is-and-what-it-does>

17-Jan Women's Healthy Weight Day

This video is about exercise. No, wait, don't exit this page. It's not a lecture that might make you feel guilty (or not). This focuses on the lighter side of the subject. #Women'sHealthyWeightDay #exercise

<https://video.alexanderstreet.com/watch/women-and-weight-management-long-term-success>

18-Jan World Religion Day

Why do we believe? And, in some cases, why don't we? Celebrate #WorldReligionDay with this video about the world's religious beliefs and their importance for billions of people. #religion

<https://video.alexanderstreet.com/watch/world-religions-a-common-journey>

19-Jan Popcorn Day

Close your eyes. Can't you just smell it? Feel that sweet salty crunch? Popcorn reminds us of movies, baseball and more. Munch along with this video about food science. #PopcornDay

<https://video.alexanderstreet.com/watch/food-science-experiments>

20-Jan Penguin Awareness Day

They walk funny and look like they're wearing tuxedos. And they're really, really cute. Enjoy #PenguinAwarenessDay will this video about a special group of penguins. #penguins

<https://video.alexanderstreet.com/watch/penguin-post-office>



21-Jan MLK Day

More than fifty years after his death, the legacy of Dr. Martin Luther King is still an inspiration. Watch these videos about the lives of African Americans since MLK's time. #MLKDay #civilrights #martinlutherking

https://video.alexanderstreet.com/search?ff%5b%5d=series:Black%20America%20Since%20MLK%3A%20And%20Still%20I%20Rise&sort=title_asc

22-Jan Celebration of Life Day

As the poet said, "If music be the food of life, play on." And play on they have at Austin City Limits. Spend part of #CelebrationofLifeDay with this musical festival. #music

<https://video.alexanderstreet.com/watch/austin-city-limits-celebrates-40-years>



23-Jan Pie Day

It's high time for pie time! Celebrate #PieDay by learning how to bake one yourself. Get some friends to help and have a big, messy pie party, but watch this video first.

<https://video.alexanderstreet.com/watch/food-preparation-4-pastry-and-pie-crusts>

24-Jan Beer Can Appreciation Day

Some people appreciate beer cans. Others prefer the beer itself. And some like both. The craft beer craze means more beers and more cans. As this video shows, it's a win-win. #BeerCanAppreciationDay #beer

<https://video.alexanderstreet.com/watch/craft-beer-business-is-exploding-millercoors-ceo>



25-Jan Fun at Work Day

#FunatWorkDay. It may sound like a contradiction, but it's easy enough. And it sure makes the day go faster. Bringing the movies to your workplace is one way. Check out these titles from Sony Pictures Classics.

[https://video.alexanderstreet.com/channel/academic-video-online?ffj\]=publisher%3ASony%20Pictures%20Classics](https://video.alexanderstreet.com/channel/academic-video-online?ffj]=publisher%3ASony%20Pictures%20Classics)

26-Jan Australia Day

Explore the Land Down Under on #AustraliaDay. This video tells the story of the people who lived there long before Australia got its name. And they still make it their home. #aborigines

<https://video.alexanderstreet.com/watch/in-between-songs>

27-Jan National Geographic Day

Travel is expensive. Save the airfare on #NationalGeographicDay by choosing one of these fascinating videos that bring the big beautiful world to your computer screen.

[https://video.alexanderstreet.com/channel/academic-video-online?ffj\]=publisher%3ANational%20Geographic](https://video.alexanderstreet.com/channel/academic-video-online?ffj]=publisher%3ANational%20Geographic)

28-Jan Data Privacy Day

Ensuring your business remains only your business isn't easy in this age of computer hacking. But there's one simple way to get some piece of mind. Watch this. #privacy #onlineprivacy

<https://video.alexanderstreet.com/watch/increasing-your-privacy-on-the-web>

29-Jan Puzzle Day

Stop wracking your brain. Sometimes understanding how puzzles are created helps get your mind around the confusion. This video takes you inside the world of Sudoku. #sudoku

<https://video.alexanderstreet.com/watch/sudoku>

30-Jan Croissant Day

Fun to eat, but hard to pronounce. Celebrate #CroissantDay with this video of recipes with a French flair. You'll learn from a master chef and your family will thank you. #Frenchcooking

<https://video.alexanderstreet.com/watch/french-food-safari-episode-6>

31-Jan Inspire Your Heart with Art Day

Every work of art requires an artist's inspiration. How do they come up with these ideas? What inspires today's artists? Go inside the heart of the artist in this video.

#InspireYourHeartwithArtDay

<https://video.alexanderstreet.com/watch/romance>