

SUN

MON

TUE

WED

THU

FRI

SAT

31



3

Move your body and lift your mood

4

List out your coping skills for dealing with stressful/anxious moments

5

Adjust the brightness on your phone for night

6

Emotions are contagious. Smile and lift someone else's spirits too!

7

[Wellness tips/reminders for your pets](#)

8

Reminder: Self Exam for National Breast Cancer Awareness Month

9

Drink your morning coffee/tea in silence

10

[World Mental Health Day](#)

Learn more and view resources

11

Swap out your summer linens for fall to feel cozy

12

Set a new sleep routine as the days get darker earlier

13

Need help? Call our [Employee Assistance Program](#)

14

Self-improvement is self-empowering

15

Start shifting to warming foods for the body

16

Switch up your self-care routine for the fall

17

See how poverty relates to wellness: [International Day for the Eradication of Poverty](#)

18

Clean up your virtual desktop for 10 minutes

19

Go apple/pumpkin picking and cook with what you find

20

Plan out a project you've been meaning to work on

21

Expand your mind by taking a free course through [Coursera](#)

22

Decorate/carve your pumpkins!

23

Be present this weekend - no social media

24

Write down your favorite summer memories

25

Turn off the tv and read, write, or play games together

26

Practice a [Self-Compassion meditation](#)

27

Give yourself space to "just be" today

28

Make important decisions in silence

29

Try out a new [warm drink recipe](#)

30

Pick a down time activity (no mental thought) and enjoy it

OCTOBER 2021

