

S M T W T F S

October

01

Reflect: how would you like to feel this month?

"Breathe deep when you lose your way and come back home."
- *Tamara Levitt*

02

Take 5 minutes to stretch your body.

03

Identify a motivating quote or intention for the day.

04

Check in with your community today.

05

Play a Calm soundscape as you work.

06

Listen to your own advice.

07

Get an early night. Listen to music or a Sleep Story.

08

Spend time in nature (even if it's virtual).

09

Perform a random act of kindness.

10

Enrich your wellbeing on World Mental Health Day.

11

Recognize how far you've come in a year.

12

Do something that makes you feel relaxed.

13

Hold space for your feelings.

14

Plan a solo date.

15

Place your hand on your heart and take 5 deep breaths.

16

Try Calm's 'Walk Away Stress' series.

17

Make space for a nourishing type of rest.

18

List all of the ways you support yourself.

19

Drink your coffee or tea in silence.

20

Reflect: Where could you benefit from support

21

Play a song that uplifts you.

22

Reflect: What's going right in your life?

23

Have a technology-lite (or free!) day.

24

Send encouraging words to a loved one.

25

Notice where you hold stress in the body. Try a body scan.

26

Write a thank you letter to a past version of yourself.

27

Smile at a stranger today.

28

Notice when you're pushing yourself today.

29

Research ways to soothe your nervous system.

30

List 3 things that help soothe your anxiety.

31

Do a two-minute breathing exercise on your lunch break.

Calm