

“We can't create more time, but we can do less, delegate, or ask for help.”

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October

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| 01
Write down all of your shoulds on a piece of paper. Let go of one of them today. | 02
Celebrate your seemingly small successes like taking a shower or cleaning the dishes. Some days these activities take a lot of you and that's okay. | 03
Place a hand on your belly and breathe for one minute. Deep belly breaths can help soften anxiety and relieve stress. |
| 04
Practice saying nice things to yourself today. | 05
Interrupt your impulse to reach for your phone if you'd rather be doing something else. | 06
Visualize or draw your support network of friends, family, and health practitioners. Take a moment to thank one of them via text or email. |
| 07
Check-in on someone who you think might be struggling or could use some support. If that's you, ask for help. | 08
Find a way to spend some time outside today. Just 30 minutes in nature can improve your sense of wellbeing. | 09
When a difficult emotion arises, take a moment to care for it as you would care for a good friend. |
| 10
Write down a list of things that support your mental health. Keep it so you can reference it when you need it. | 11
Make space in your day for some YOU time. | 12
Rather than judging yourself, offer yourself compassion. |
| 13
Do something today that will make tomorrow easier. | 14
Exercise for at least 15 minutes today. It can do wonders for your mood (hello, endorphins)! | 15
Name three things that you have gained from growing older. Take time to celebrate. |
| 16
Try something in the Calm app that you haven't tried yet. | 17
Do a chore you normally dislike doing with extra love and attention. | 18
Write down three qualities that you admire about yourself. |
| 19
Decide how long you want to spend online today and then set a timer. Stop when the timer goes off. Remember you are in charge of your free time. | 20
Ask yourself, "What can I do less of today?" | 21
Forgive yourself for a mistake you made. Mistakes are a natural part of life. It's what we do next that matters most. |
| 22
What do you want to say YES to today? | 23
What do you need to hear today? Repeat it to yourself three times, then write it down in a place that you'll see it often. | 24
Do something different today. Notice what this brings up for you. |
| 25
Plan a nourishing social activity for the near future. | 26
Take one small step towards something you want to do, but that feels too big to start. | 27
Share a bit about your mental health journey with someone you trust. |
| 28
Try a new recipe tonight. Cook mindfully. | 29
Find a way to reframe a challenging situation with some positivity. | 30
Focus on one thing at a time today instead of multi-tasking. |
| 31
Infuse some playfulness into your day. | | |