



# September Wellness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 What is one thing you would like to achieve by the end of September? Write it down and take small steps each day towards your goal.	2 Deep Breathing Set 3 timers on your phone to remind yourself to take a few deep breaths throughout the day.	3 Saturday Routine: Gratitude Journal Reflect each Saturday with gratitude. List 5 gratefuls from the week.
4. Set Three Daily Reminders 1. Be Grateful 2. Take a mindful breath 3. Move/exercise	5 Stretch Break Take a mid-morning and a mid-afternoon stretch. Stretch up your hands to the ceiling. Repeat as you inhale/exhale deeply	6 Color Your World Take a few crayons or markers to free draw, scribble or shade for 10 minutes.	7 Wellness Activities Make as many smaller words from "Wellness Activities" as you can.	8 Thank You Thursday Find 5 people to say thank you to throughout the day.	9 Harvest Moon See if you can see the full moon glowing brightly at dusk. Go for a walk at sunset.	10 Saturday Routine: Gratitude Journal Reflect each Saturday with gratitude. List 5 gratefuls from the week.
11 Exercise Start or continue a routine of exercise each week. Set a goal for 3 days of exercise this week.	12 Stay Hydrated Drink a glass of water once you wake up and continue with 8-10 glasses throughout the day.	13 Self-Talk What positive message do you need to hear? Write the statement and repeat it hourly.	14 Breathing Pause for 4 minutes and concentrate only on the inhale and exhale of air. Notice how you feel.	15 What are you struggling with this week? Write down your list, then reflect on your greatest strength. You got this! Tackle one thing at a time. I believe in YOU!	16 Joke Day Share your best joke with your friend. Laugh until your belly hurts.	17 Saturday Routine: Gratitude Journal Reflect each Saturday with gratitude. List 5 gratefuls from the week.
18 Just Dance Listen to your favorite music and dance like no one is watching. Have some fun!!	19 Walking to Wellness Schedule a morning or evening walk with a friend.	20 Be Kind to Others Find as many opportunities as you can to be kind to others.	21 Be Love Give yourself Love and Acceptance throughout the day. Be Proud to Be YOU!	22 First Day of Fall How many signs of fall can you discover while you're outdoors?	23 Be Brave Ask for help with whatever you need.	24 Saturday Routine: Gratitude Journal Reflect each Saturday with gratitude. List 5 gratefuls from the week.
25 Learn something new today. What will you choose?	26 Remember you are not alone. Reach out to a coworker, friend or loved one.	27 Free Time Read Set aside 5-15 minutes to read for enjoyment.	28 Write a thank you note to someone that has helped you recently.	29 Find a quote that speaks to you. How will you incorporate this into your life?	30 Who inspires you? Let that person know the impact they have made on your life.	