

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

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# October

- 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.

