








September 2023

Self-Care Inspiration



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Click on the links for additional information & resources.</p> <p>For more inspiration, check out our Wellbeing Insights e-magazine</p>					<p>Keep your food and yourself safe—do a quick food safety refresher</p> <p>01</p>	<p>Use a coupon or find a deal on at least one of your activities this weekend</p> <p>02</p>
<p>Take a walk around a local park</p>  <p>03</p>	<p>LABOR DAY</p> <p>Enjoy a late-summer sweet treat</p> <p>04</p>	<p>Review financial statements and then cut back in an area where you are overspending</p> <p>05</p>	<p>READ A BOOK DAY</p> <p>Find a comfortable spot and enjoy a good book today</p> <p>06</p>	<p>Take a stretch break during your work day</p> <p>07</p>	<p>Plan your next dream vacation</p>  <p>08</p>	<p>Start your weekend with a yoga session</p> <p>09</p>
<p>SUICIDE PREVENTION DAY</p> <p>Know warning signs and how to seek help</p> <p>10</p>	<p>MAKE YOUR BED DAY</p> <p>Make your bed today—it's good for your mental health</p> <p>11</p>	<p>Do a loving kindness sleep meditation</p>  <p>12</p>	<p>Schedule your next vehicle maintenance appointment</p> <p>13</p>	<p>Be intentional about eating healthy snacks today</p> <p>14</p>	<p>Say positive things in your conversations with others</p> <p>15</p>	<p>Attend a farmer's market or event in your community</p>  <p>16</p>
<p>Spend time with someone who inspires you</p> <p>17</p>	<p>Try a new meatless Monday recipe</p>  <p>18</p>	<p>Take a photo of something that brings you joy and share it with others</p> <p>19</p>	<p>Take a quiz to give you insights into your life</p> <p>20</p>	<p>WORLD GRATITUDE DAY</p> <p>Write down five things you are grateful for</p> <p>21</p>	<p>Take a fika break to fuel your body and strengthen your mind</p> <p>22</p>	<p>AUTUMNAL EQUINOX</p> <p>Get outside and enjoy the first day of autumn</p> <p>23</p>
<p>Set yourself up for a successful week with these five Sunday planning tips</p> <p>24</p>	<p>Challenge a friend to a Move It Monday exercise or workout</p> <p>25</p>	<p>NATIONAL PANCAKE DAY</p> <p>Enjoy pancake day by whipping up one of these healthy recipes</p> <p>26</p>	<p>Create a playlist of your favorite uplifting songs</p>  <p>27</p>	<p>GOOD NEIGHBOR DAY</p> <p>Say hello and introduce yourself to a neighbor you don't know</p> <p>28</p>	<p>Relax with a movie and popcorn</p>  <p>29</p>	<p>Reflect on the month and set goals for October</p> <p>30</p>