





# September 2024

## Self-Care Inspiration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Attend a local festival or event in your community</p> <p>01</p>	<p><b>LABOR DAY</b>  <a href="#">Try a delicious, healthy recipe for your Labor Day grill out</a></p> <p>02</p>	 <p>03</p>	<p><a href="#">End your day with a short yoga session</a></p> <p>04</p>	<p>Reflect on a recent challenge and identify one lesson you learned</p> <p>05</p>	<p><b>NATIONAL 401k DAY</b>  <a href="#">Estimate your 401k balance at retirement</a></p> <p>06</p>	<p>Take a walk outside with a friend or family member</p> <p>07</p>
<p>Reach out to a friend you haven't talked to in a while and schedule a time to catch up</p> <p>08</p>	<p><a href="#">Try the 5-4-3-2-1 grounding technique to unwind</a></p> <p>09</p>	<p><b>SUICIDE PREVENTION DAY</b>  <a href="#">Add the 988 Suicide &amp; Crisis Line (988) to your phone</a></p> <p>10</p>	<p>Move your body – take a walk, run, or lift weights</p> <p>11</p>	<p>Say no to purchases that don't align with your financial goals</p> <p>12</p>	<p><a href="#">Host a game night with friends</a></p> <p>13</p>	 <p>14</p>
<p><b>COLLECT ROCKS DAY</b>            Visit a park, beach, lake, or river and search for unique rocks</p> <p>15</p>	<p>Offer your time to mentor and impart wisdom to someone learning a skill you are proficient in</p> <p>16</p>	<p>Dance to your favorite music for 15 minutes</p> <p>17</p>	<p>Return any unwanted purchases you have been putting off taking to the post office or back to the store</p> <p>18</p>	 <p>19</p>	<p><a href="#">Write down three things you are grateful for today</a></p> <p>20</p>	<p><b>WORLD ALZHEIMER'S DAY</b>  <a href="#">Walk or volunteer at Walk to End Alzheimer's</a></p> <p>21</p>
 <p>22</p>	<p><a href="#">Volunteer for a project or cause you are passionate about</a></p> <p>23</p>	<p>Take some quiet time to draw, doodle, or color</p> <p>24</p>	<p><b>NATIONAL WOMEN'S HEALTH &amp; FITNESS DAY</b>  <a href="#">Learn more about women's fitness</a></p> <p>25</p>	<p>Have a deep conversation with someone</p> <p>26</p>	<p><a href="#">Get into the fall spirit by making a nutritious and delicious soup</a></p> <p>27</p>	<p>Take a break from social media today</p> <p>28</p>
<p>Set a financial goal for October</p> <p>29</p>	<p><a href="#">Practice active listening during all your conversations today</a></p> <p>30</p>	<p>Click on the links and colored text boxes for additional information and resources.</p> <p>For more inspiration, check out our <a href="#">Wellbeing Insights e-magazine</a></p>				