

September 2026

Self-Care Inspiration



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Click on the links and colored boxes for additional information and resources.		1 Ease into the month with a balanced breakfast that includes protein, fiber, and fruit	2 Protect Your Finances & Identity	3 Take a 10-minute walk after a meal to refresh your body and mind	4 Send a quick message to someone who made your week better	5 Choose one small goal that would make September feel meaningful
6 Considering a large purchase? Take some time to map out a purchase plan	7 LABOR DAY Take time to rest, recharge, and appreciate the work you and others do	8 Add a cholesterol-friendly food today, such as oats, beans, nuts, or avocado	9 Do a quick stretch break to reduce tension from sitting or standing	10 SUICIDE PREVENTION DAY Check in with someone you care about and remind them they matter	11 Reflect on one way your work or daily actions positively impact others	12 Make plans for a low-cost activity with a friend, neighbor, or family member
13 CELIAC DISEASE AWARENESS DAY Try a naturally gluten-free meal	14 Pause for five slow breaths before responding to stress or frustration	15 Take the stairs, park farther away, or add extra steps where you can	16 Practice food safety by checking expiration dates and cleaning one fridge shelf	17 Give someone a sincere compliment or thank them for something specific	18 Unplug to Reconnect	19 Spend 15 minutes on a hobby, cause, or activity that gives you a sense of meaning
20 Prepare for the week by writing down your top three priorities	21 ALZHEIMER'S DAY Reach out to a caregiver or loved one with encouragement or support	22 FIRST DAY OF AUTUMN Take a walk outside and notice one sign of the new season	23 Build a colorful fall-inspired plate with seasonal produce like apples, squash, greens, or sweet potatoes	24 Compare prices or pause before making a nonessential purchase.	25 End the week with a screen-free wind-down routine before bed	26 Volunteer, donate, or support a community organization
27 Do gentle movement today, such as stretching, yoga, or an easy walk	28 Protect Your Privacy Online	29 Identify a healthy aging habit you want to keep building	30 Plan a heart-healthy meal that is lower in saturated fat and higher in fiber	For more inspiration, check out the Wellbeing Insights e-magazine.		