

# October

2022

## Well-being Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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						Commit to a well-being goal for October.
2	3	4	5	6	7	8
October is Emotional wellbeing Month! Focus on your emotional wellbeing and make yourself the priority this month.	A little sunshine & fresh air can go a long way! Refresh your workspace by decluttering or get a new plant for Improve Your Office Day.	It's Financial Planning Week! Take the time to review your budget before the holiday season.	We all need a break! Schedule PTO, go for a walk, or meditate. Don't wait until the weekend or until your fully burnt out to take action.	Multi-tasking may seem like a clever idea, but it can lead to lower productivity. Focus on one task at a time.	Today is National Diversity Day and October is Global Diversity Awareness Month.	It's peak foliage! Get outside this weekend to enjoy the fresh air and beautiful scenery.
9	10	11	12	13	14	15
Detox your environment. The changing of seasons is a wonderful time to clear out your home, closets, or workspace.	World Mental Health Day: Check in with yourself & your colleagues. Practice whatever form of self-care you need most as you head into the work week.	On a budget? Try meal-prepping, you'll eat healthier and save money on eating out too.	We're half-way through National Work-Life Week! Evaluate your work-life balance and make improvements.	We're often our own worst critic. Ask yourself what advice you'd give a friend in your situation. Odds are, you'd be much more understanding of their shortcomings.	Make time for friends & valuable connections. Send a text, give a call, or arrange a get-together.	Shorter days are coming but you can still stay active! Think of new hobbies that bring you joy when the temperature drops, and the days get shorter.
16	17	18	19	20	21	22
Happy Boss's Day! Send a note of appreciation to a boss, manager, or mentor this week.	Open Enrollment begins today!	Take a lunch break! Each day, make it a priority to step away from work & mindfully enjoy a meal.	October is Breast Cancer Awareness Month. Don't wait – get your preventive screenings scheduled.	The risk of anxiety & depression is higher in people who sit more. Set a timer for 10 min & move your body.	Today is Day of Caring.	Make a smoothie – opt for a mix of fresh or frozen berries, low fat Greek yogurt, oats, and some greens.
23	24	25	26	27	28	29
Kick the week off by planning your meals ahead of time.  30 Write down 3 things for which you are grateful.	Liven up your office space with a mini pumpkin.  31 Set, or revisit, your well-being goal for November.	Skip the sodas and try flavored seltzers or add fruit to your water.	Remember to always stay hydrated – drink half your weight in ounces each day.	Join the Financial Wellbeing Webinar: <a href="#">Looking to Turn Your Retirement Savings Plan into a "Paycheck" for Life</a>	After a long week, have a mindful moment to unplug. Use <a href="#">Headspace</a> to meditate or relax.	Visit a gallery or museum to check out any new exhibitions – get in some extra steps and indulge in some culture.

For additional tips and resources visit [dartmouth.edu/wellness](http://dartmouth.edu/wellness)