

SEPTEMBER 2022 WELLBEING CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

			1 share the gift of knowledge	2 give the gift of patience today	3 make a meal plan for the month	4 Relax!!
5 practice active listening	6 do a digital detox	7 start a blog	8 treat yourself to a cup of coffee	9 take a small step towards important goals	10 call or text someone you love	11 declutter your closet
12 lay in the sunshine	13 create a list of upbeat music	14 check on a friend	15 go for a walk	16 keep healthy snacks at your desk	17 take a nap in the sunshine	18 try something new
19 take time to do something that makes you happy	20 air out your living space. Let the sunlight in	21 sign up to volunteer in your community	22 send an encouraging email to someone who has had a hard time	23 simplify your schedule	24 visit a Farmers Market	25 plant a spring garden
26 be kind to yourself	27 bake cookies for a friend	28 turn your phone off for a few hours	29 meditate	30 send flowers to a friend		



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SRPING INTO SEPTEMBER WITH NEW HEALTHY TIPS, CHALLENGES AND ACTIVITIES