



# September Wellness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Be Excellent on Purpose!</i></p>		<p><i>*Begin a journal to keep track of each day this fall semester.</i></p>	<p><i>1 Technology Diet How can you trim down on your “tech time” to give you more time.</i></p>	<p><i>2 Go for a walk this evening. Enjoy and notice the sights and sounds this evening.</i></p>	<p><i>3 ‘Be Joyful’ Reflection List 5 things from this week that brought you joy. Write these in your journal.</i></p>	<p><i>4 Saturday Silliness Incorporate being silly and laughing today.</i></p>
<p><i>5 Make quality sleep a priority this week. Keep track of how many hours you sleep and how you feel.</i></p>	<p><b>6 Labor Day</b></p>  <p><i>Enjoy time with family and friends today.</i></p>	<p><i>7 Make it a goal to get 8-9 hours of sleep tonight. Stretch to help your body relax and sleep deeply.</i></p>	<p><i>8 Make it a goal to get 8-9 hours of sleep tonight. Stretch to help your body relax and sleep deeply.</i></p>	<p><i>9 Make it a goal to get 8-9 hours of sleep tonight. Stretch to help your body relax and sleep deeply.</i></p>	<p><i>10 Make it a goal to get 8-9 hours of sleep tonight. Stretch to help your body relax and sleep deeply.</i></p>	<p><i>11 Reflection: How did you intentionally make more time for sleeping? How do you feel?</i></p>
<p><i>12 Water for your brain and body. Consume an extra 2 glasses of water today.</i></p>	<p><i>13 Consume inspiring content today. Find an inspiring quote, book, or person today.</i></p>	<p><i>14 Share Kindness by giving 10 compliments to others today.</i></p>	<p><i>15 Journal: Reflect on how you felt when giving a compliment and the reaction given by the other person.</i></p>	<p><i>16 Make a list of people that mean a lot to you. From that list, how will you connect with those people today?</i></p>	<p><i>17 Exercise—Move your body for 30 minutes by walking, running, or hiking in the fresh air.</i></p>	<p><i>18 Healthy Eating Increase your fruit and vegetables by adding some to each meal.</i></p>
<p><i>19 Meal Prep Plan out your week of meals today to ensure you are eating healthy all week.</i></p>	<p><i>20 Plan a Walk &amp; Talk meeting with someone you haven’t talked with in awhile.</i></p>	<p><i>21 Eat Mindfully Notice the texture, smells and flavors of your food</i></p>	<p><i>22 Water for your brain and body. Consume an extra 2 glasses of water today.</i></p>	<p><i>23 Pause 3 times today by taking 3 deep breaths to clear your mind.</i></p>	<p><i>24 Journal: Record 5 things that you are grateful for today.</i></p>	<p><i>25 Family Health &amp; Fitness Day Play outside! Go for a walk, bike ride, or hike together.</i></p>
<p><i>26 Get Outside! Start your day off with a walk outdoors first thing in the morning.</i></p>	<p><i>27 Water for your brain and body. Consume an extra 2 glasses of water today.</i></p>	<p><i>28 Pack your workout clothes and go for a run or walk right after work/school.</i></p>	<p><i>29 Journal: List your personal strengths that you used this month.</i></p>	<p><i>30 Technology Diet How can you trim down on your “tech time” to give you more time.</i></p>	<p><i>Use the feelings chart to identify your feelings or a family members. I feel ....., because .....</i></p>	