



Mental Health Calendar

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Set Fall realistic goals & create steps to make them
2 Draw a picture to express your feelings.	3 Do something kind or helpful for someone.	4 Tell someone about a time you appreciated them.	5 Eat five servings of fruits & vegetables.	6 Practice positive self-talk.	7 At the end of the week, write one good thing you achieved.	8 Do something that makes you feel like a kid again!
9 Practice deep breathing exercises. Take 10 deep breaths.	10 Get outside & notice 5 things that are beautiful.	11 Cultivate a feeling of lovin2 kindness towards others.	12 Notice how you speak to yourself. Use kind words.	13 Call a friend that you have not spoken to in a while.	14 Watch a comedy movie & enjoy the gift of laughter.	15 Listen to a piece of music without doing anything else.
16 Notice the joy to be found in the simple things in life.	17 Start a Gratitude Journal or put an entry in the one you have.	18 Make a list of amazing things you take for granted.	19 Have a zen break by watching the clouds or sky for 5 minutes.	20 Think about a great memory from childhood that makes you smile.	21 Appreciate you are alive & have a body and mind - enjoy it!	22 Take a mindful walk. Notice Fall sights.
23 Write a letter to a friend 30 Write a letter to a loved one	24 Add to your Gratitude Journal 31 Enjoy a treat!	25 Think about your favorite memory and tell someone about it.	26 Meditate for 15 minutes	27 Do something to get your heart rate up - exercise, yoga, a brisk walk, etc.	28 Dance to your favorite song	29 Make a list of goals you want to accomplish before the holidays.

Mindfulness is the intentional, accepting and non-judgmental focus of one's attention on the emotions, thoughts and sensations occurring in the present moment...