

October 2025

Well-Being Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Building Your Bounce Training at 6:30 PM 	3 Post A Picture Of Something That Made You Smile Today. 	4 Do A Hobby Just For Fun. 
5 Cook A Recipe Using Seasonal Fall Produce. 	6 Pack Snacks That Keep Your Energy Steady. 	7 Celebrate A Win  Share One Thing That Went Well.	8 Stretch Before You Head Home. 	9 Eat One Meal Without Screens Or Distractions. 	10 Create A Check-In Wall: Post One Word About How You Feel. 	11 Think Of Rest As Productive. 
12 Do One Thing Today That Will Make Your Week Easier. 	13 Step Into A Quiet Space For 2 Minutes Of Calm. 	14 Dance To One Song You Love. 	15 Try Something New With A Growth Mindset 	16 Building Your Bounce Training at 6:30 PM 	17 Give A Shoutout To A Coworker. 	18 Think Of Ways To Challenge Your Comfort Zone. 
19 Celebrate 3 Wins, No Matter How Small. 	20 Unwind Tonight  Stretch For 5 Minutes.	21 Digital Detox  Skip Scrolling For a While.	22 Invite A Coworker/ Friend For A Walk & Talk. 	23 Snap A Photo Of Fall Beauty. 	24 Play Your Favorite Upbeat Song On The Way To Or From Work. 	25 Plan A Family Outing (Park, Museum, Local Event). 
26 Write Down 3 Intentions For The Week Ahead. 	27 Take Mini Stretch Breaks Each Hour 	28 Share One Positive Story From Your Day With Someone. 	29 Declare A "No Chores" Night 	30 Building Your Bounce Training at 6:30 PM 	31 Pick Your Favorite Activity From This Calendar, and Repeat! 	


Be Well. Care Well.


South Carolina Program For Infant/Toddler Care