

February 2026

Well-Being Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Set An Intention For How You Want Your Heart To Feel This Month. ¹	Do One Small Thing To Support Your Heart Today. ² 	Practice Box Breathing (Inhale 4, Hold 4, Exhale 4). ³	Stay Hydrated To Support Your Heart. ⁴	Enjoy A Calm Moment. No Multitasking! ⁵	National Wear Red Day® ⁶ 	Ask For Help If You Need It. You're Not Alone. ⁷
Create A Calm, Sleep Friendly Space. Good Sleep Reduces Stress. ⁸	Add One Extra Serving Of Fruits Or Veggies Today. ⁹ 	Step Outside For Fresh Air. ¹⁰	Take A Short Walk During Your Lunch Break. ¹¹ 	Release One Thing That Isn't Yours Today. ¹²	Acknowledge Something You Handled Well This Week. ¹³	Happy Valentine's Day! Enjoy Fruits Dipped In Dark Chocolate. ¹⁴
Laugh! Watch Or Share Something Funny! ¹⁵	Name One Emotion You Felt Today Without Judging It. ¹⁶	Check Your Posture And Relax Your Shoulders. ¹⁷	Choose A Heart-Healthy Snack (Fruit, Nuts, Yogurt). ¹⁸	Show Yourself Kindness Today. ¹⁹	Reflect On A Positive Moment From Your Week. ²⁰ 	Plan One Small Way To Connect With Someone. ²¹
Take A Pause Instead Of Pushing Through Stress. ²²	Spend A Few Minutes Doing Something You Love. ²³	Go On A "Walk And Talk" With Someone. ²⁴	Stretch To Relieve Tension and Stiffness. ²⁵ 	Be Proud Of The Care You Provide Every Day. ²⁶ 	Draw, Write, Paint! Creative Expression Can Lower Blood Pressure. ²⁷	Pick Your Favorite Activity & Repeat It! ²⁸ 

Be Well. Care Well.



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South Carolina Program For Infant/Toddler Care