

Be Well. Care Well.

# Be Well Bulletin

## Turn Over A New Leaf

Fall is a season of change, and in child care, you get to see change happen every day. Children are always discovering new things, trying different ways, and figuring out what works for them. We can bring some of that same curiosity into our own lives.

This October, we're inviting you to Turn Over a New Leaf. Revisit something you enjoy, try something that interests you, or find a new way to do something familiar. You never know what you might enjoy enough to keep doing.

### WELL-BEING CHALLENGE

#### Try One Small Switch

Choose one everyday routine and switch up one small part of it this month.

### Pause & Reflect

What is one part of your day that already supports your well-being?

### Try This!

Complete this thought without overthinking it:  
"Lately, I've been enjoying \_\_\_\_\_."

### A Little Reminder

You're allowed to change your mind, change your pace, and discover new things about what works for you.