

October 2026

Well-Being Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Choose One Word For How You'd Like This Month To Feel.	2 Do Something That Makes You Feel Good Today.	3 Notice Something Around You That You Usually Overlook.
4 Make Time For Something You Genuinely Enjoy Today.	5 Find One Small Thing To Look Forward To This Week.	6 Pause And Enjoy A Few Sips Of Whatever You're Drinking.	7 Drop Your Shoulders And Unclench Your Jaw.	8 Give Someone A Genuine Compliment Today.	9 Celebrate One Small Win From Your Week.	10 Take A Moment To Notice One Sign Of The Season.
11 Make Something Just For The Fun Of It.	12 Enjoy A Few Minutes Of Silence.	13 Take Three Slow Breaths Before Moving On To Your Next Thing.	14 Find A Reason To Smile Or Laugh Today.	15 Ask Someone "What's Something Good In Your World Lately?"	16 Put On A Song That Gives You A Little Boost.	17 Choose What Feels Right Today: Rest, Move, Create, Connect, Or Play.
18 Do Something You Loved Doing As A Kid.	19 Think Of A Moment In Child Care That Made You Smile.	20 Share A Helpful Tip Or Idea With Someone Today.	21 Affirmation Day: "I Make A Difference, Even On Hard Days."	22 When Someone Offers A Compliment, Let Yourself Receive It.	23 Reconnect With Something You Enjoy Outside Of Work.	24 Let Yourself Be A Little Silly Today.
25 Give Yourself A Few Minutes Without Trying To Be Productive.	26 Start The Day With Curiosity Instead Of Pressure.	27 Do One Familiar Thing In A Different Way Today.	28 Try A Mind Dump At The End Of The Day To Help With Sleep.	29 Wear Something Today That Makes You Feel Good.	30 Give Yourself Credit For Something You Handled This Month.	31 Choose One Thing From This Month That You'd Like To Carry Forward.



Be Well. Care Well.

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South Carolina Program For Infant/Toddler Care