

OCTOBER
2021

Emotional Wellness Month



S M T W T F S

BioNeurix #YearOfWellness Calendar

3 Use a calendar to organize your time, and write in some time for yourself.

4 Learn to acknowledge your negative emotions.

5 Name two things you are good at.

6 Set aside 15-30 minutes of your day for some kind of physical activity.

7 Today, remind yourself: **"Be patient with yourself. Nothing in nature blooms all year."**

8 Try to revive an old hobby, or to find a new one.

9 Talk to someone about how you truly feel.

10 Build your own list of self-care practices. #WorldMentalHealthDay

11 Create a collage of things that inspire feelings of awe within you.

12 Before sleeping, write down 2-3 things you feel grateful for today.

13 Sit quietly and feel yourself breathe.

14 Learn more about ACT, CBT or MBSR.

15 Do at least one thing that you feel good about.

16 Today, remind yourself: **"If you wouldn't say it to a friend, don't say it to yourself."**

17 Start and end your day gadget-free.

18 Replace negative self-talks with self-love statements.

19 Say thank you to 5 people today.

20 Pick one thing that you would like to do to eat healthier.

21 Today, remind yourself: **"It's not about being the best. It's about being better than you were yesterday."**

22 Learn to Say No.

23 Meet new people (online or offline) that shares similar interest as yours.

24 Take a pause from the news and give your mind a break.

25 Give yourself credit for the good things you did today.

26 Share this to someone: **"You've always believed in me. Thank you!"**

27 Focus on the things about yourself that you think are beautiful.

28 Forgive yourself for every negative thought.

29 Watch comedies (movies or TV shows).

30 Attend an event at your local community.

31 Organize and declutter a space in your house.

Share this free wellness calendar with friends & post your progress

#YearOfWellness



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