

Monday



September is Self-Improvement Month. Set a personal achievement for yourself with micro-goals along the way to keep you on track.

Tuesday

1

It's also Self-Care Awareness Month. Schedule time each week to dedicate to your mental & physical wellbeing to keep yourself feeling your best all month long!

Wednesday

2

Smile! Happiness can improve our ability to manage stress, solve problems & help others. [Check out Dr. Laurie Santos' top tips on happiness during times of stress.](#)

Thursday

3

Sneak some movement into your routine—dance while you do chores, do some squats during commercial breaks or take a walk on your lunch hour!

Friday

4

Take a joy ride this weekend! Whether you drive, bike, rollerblade or even walk, exploring new places can be a lot of fun!

7

Set a dinner menu for the week. Having a plan can help you make more nutritious food choices & helps to save money.

8

If you're struggling with work-life balance, recruit some help from your support system! Ask a loved one to remind you of your commitment to unplug after-hours.

9

Ready...set...GO! [Our next VP GO challenge launches today.](#)



10

Do you doodle? Drawing can help you manage stress & promote relaxation.

11

Experiencing back pain? Be mindful of your posture & be sure to take stretch breaks throughout the day. [For more tips on managing back pain, check out our webinar replay with Kaia Health.](#)

14

COVID-19 has changed the way we approach wellbeing. [Dr. David C. Batman examines how employee wellbeing programs reduce risk & improve business outcomes.](#)

15

Reduce stress by tackling the simple tasks on your to-do list first. You'll start your day feeling accomplished & motivated!

16

#NationalWorkingParentsDay Need tips on how to balance your career & family while working from home? [Check out this webinar with Helpr.](#)

17

Focus on your breathing. This isn't just important for meditation; it's also important for exercise endurance & performance.

18

Plan an after-hours Zoom meeting with your coworkers—no work talk allowed!



21

Trying new foods can be intimidating. Sign up for an online cooking class to learn how to prepare delicious, healthy meals.

22

We're ready for all things apple & pumpkin spice—it's the first day of fall!



23

Money is a major area of concern for many right now. A budget planner can help. You can find some free [tools online](#), or your employer may offer [financial resources through their wellbeing app.](#)

24

Staying active at home can be challenging. [Get inspired by Gympass!](#)

25

Get some peace of mind by clearing out some clutter. A clean space at home can help to quiet your thoughts.

28

Prevention & healthy habits are more important than ever. What steps are you taking to [reduce your risk of chronic conditions like diabetes?](#)



29

Are you living a heart-healthy life? **#WorldHeartDay** is an opportunity to reflect on your lifestyle habits & make necessary changes like [quitting tobacco.](#)

30

Don't wait for the weekend to catch up on sleep! Hit those 7-9 hours by going to bed & waking up around the same time each day.



Next month is **#HealthLiteracyMonth** & we'll be sharing tips on the importance of understandable health information in our October wellbeing calendar.

Wellbeing is not a one-size-fits-all solution. [Find the right fit for your organization.](#)