

Monday

Tuesday

Wednesday

Thursday

Friday

October is Emotional Wellness Month
Developing emotional intelligence and building resilience start with properly managing and expressing your emotions.

October is also Health Literacy Month, highlighting the importance of understandable health information.

Employees are taking greater interest in their health benefits this year. **Make health easy to access and understand with a workplace wellbeing solution.**

Craving pumpkin spice? Skip the pricey latte & brew a cup of pumpkin coffee at home.

Dance break! Queue up your favorite upbeat song & dance like no one's watching while you burn a few extra calories.



5



World Teacher's Day
Show the teachers in your life extra kindness & appreciation today! Send a card, text or email to let them know you're thinking of them.

6

It's not too early to start planning for the holidays. Create your holiday spending budget & start setting aside money each week through December.

7

It isn't easy to maintain a sense of connectivity & culture while working from home. Boost morale & increase engagement with these **remote wellbeing tips!**

8

Try a new recipe featuring nutrient-dense in-season produce like brussels sprouts, apples or butternut squash.

9

October 10th is **World Mental Health Day**, and this year, it's more important than ever to utilize **mental health resources** to manage stress, anxiety & isolation.

12

National Savings Day is a great time to set a financial goal. Need assistance? **Utilize your financial wellness program in the Virgin Pulse app!**

13

Feeling tense? Close your eyes & focus on relaxing each body part, starting at your toes & continuing up to your shoulders, neck & jaw.

14



Smile—the physical act of smiling can boost your mood & your immunity!

15

Did you know that what you eat can impact your mental wellbeing & your immunity? **Check out our webinar replay on the influence of nutrition with Dr. David L. Katz.**

16

Recipe swap: Make a healthier apple crisp with apples, whole grain oats, whole wheat flour, cinnamon, coconut oil and honey or maple syrup.

19

Stay on-task at work with the help of classical music. Studies show it can improve focus and productivity.

20



Carving pumpkins? Save the seeds & roast them for a healthy snack or crunchy salad topping!

21

Ready, set, GO! Our next VP GO event kicks off today. **Keep your workforce connected & healthy with a company-wide wellbeing challenge.**

22

Break out the Jack-o'-lanterns! Decorating your home for holidays can help relieve stress & is a fun bonding activity for the whole family.

23

Host a virtual game night with your family or friends. Board games are fun way to reduce stress while keeping your brain engaged.

26

It can be hard to find work-life balance when you're working from home with kids. **Sticking to a daily routine can help.**

27

Take a five-minute break & get moving! Try for 3 sets of 15 jumping jacks, 10 squats & 5 sit-ups.

28



Don't forget to schedule your flu shot!

29

Health literacy is a vital part of health equity. **Learn more about how your organization can create a culture of equity in the workplace and the community.**

30



Happy (almost) Halloween!