

# Reduce Stress OCTOBER

**Your  
Success  
is Our  
Success**

SHARE YOUR STORY  
& INSPIRE OTHERS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p>  <p><b>World Vegetarian Day</b> Think about going meatless today! Try out a new vegetarian dish to fit more veggies into your diet.</p>	<p>2</p> <p><b>Mental Illness Awareness Week</b> Millions of Americans face the reality of living with a mental health condition. Learn more about mental illness this week to help spread awareness.</p>	<p>3</p>  <p><b>988 Hotline</b> Are you or someone you know struggling with mental health? Call or text "988" to connect with a mental health expert.</p>	<p>4</p>  <p><b>Coaching Webinar</b> Burnout affects us all at some point in our lives. Join our coaching webinar today to learn the signs and how to work through burnout.</p>	<p>5</p> <p><b>Healthy Outlets</b> When stress occurs in our lives, it's important to find healthy outlets to relieve these stressors like going to the gym, a walk in the park, spending time with family, or enjoying a new hobby.</p>	<p>6</p>  <p><b>World Smile Day</b> Do an act of kindness today and make one person smile! It could make their week.</p>	<p>7</p> <p><b>Maintain Your Mental Well-being</b> Focusing on your mental health can improve your work and overall happiness. Check out our mental health education page for some great resources.</p>
<p>8</p> <p><b>The greatest weapon against stress is our ability to choose one thought over another.</b></p>	<p>9</p>  <p><b>Break the Stigma</b> No one should have to struggle alone. Together we can change the conversation about mental health.</p>	<p>10</p> <p>WORLD <b>MENTAL HEALTH DAY</b></p>	<p>11</p> <p><b>Stronger Resilience</b> Exercise is a healthy way to build resilience and cope with mental or emotional challenges instead of turning to negative behaviors, alcohol or other substances.</p>	<p>12</p>  <p><b>Stand Up!</b> 1 in 3 workers sit in their work chairs the entire day. Don't forget to take a break and get some steps in this week.</p>	<p>13</p>  <p><b>Monthly Newsletter</b> Our Live Well, Work Well Newsletter is here. Check it out on our blog!</p>	<p>14</p>  <p><b>Seek Support</b> Whether you reach out to co-workers, friends or loved ones, support and collaboration will help with burnout.</p>
<p>15</p>  <p><b>Prep for the Week</b> Got a busy week ahead? Prep your meals and map out your to-do list today to have a successful start to your week.</p>	<p>16</p> <p><b>Improve Your Self-Esteem</b> Endorphins can help you concentrate and feel mentally sharp for work or other tasks. Get moving this weekend to help with your productivity.</p>	<p>17</p>  <p><b>Track Your Tuesday</b> Try and increase your steps by 20% from yesterday. Track your steps in your HealthCheck360 app!</p>	<p>18</p> <p><b>Tough times never last, tough people do.</b></p>	<p>19</p>  <p><b>Practice Mindfulness</b> Being aware of your thoughts is called mindfulness. Meditation is a great tool to help you improve this skill! Check out our guided meditations today.</p>	<p>20</p> <p><b>National Mammography Day</b> 1 in 8 women will develop breast cancer. Schedule your annual mammogram today.</p>	<p>21</p>  <p><b>Be Grateful</b> Write down 1-3 things you're grateful for today.</p>
<p>22</p>  <p><b>Eat Real Food</b> Cut down on fried sides and swap them out for fresh fruit or vegetables this month.</p>	<p>23</p>  <p><b>Mobile Monday</b> Log your goals on your HealthCheck360 app to see if you're on track this month!</p>	<p>24</p>  <p><b>Well-being Everyday</b> Well-being isn't a sprint, it's a marathon. Acting with awareness and intention will improve your overall well-being throughout your life.</p>	<p>25</p>  <p><b>No Shortcuts</b> There isn't a "magic pill" to health and well-being. Set small goals and work towards them daily for lasting effects.</p>	<p>26</p>  <p><b>Get Better Sleep</b> Keep your room cool, dark, and quiet. Exposure to light in the evenings can make it more challenging to fall asleep.</p>	<p>27</p>  <p><b>Change of Scenery</b> 24% of remote workers never leave their homes during a workday. Switch it up today by visiting a coffee shop or going for a walk over your lunch break.</p>	<p>28</p> <p><b>You can do anything –but not everything.</b></p>
<p>29</p>  <p><b>Highlight Reel</b> Social media is just a small snapshot of someone's life. Don't compare yourself and progress to others.</p>	<p>30</p>  <p><b>Healthy Hobbies</b> Find an activity you enjoy and incorporate it into your routine for a body and mind boost.</p>	<p>31</p> <p>HAPPY <b>HALLOWEEN</b></p>	 HealthCheck360  @healthcheck360  @HealthCheck360			