












October

Theme: Seasonal shifts and mental Health

MON	TUE	WED	THU	FRI
		<div>1</div> <div>In this article, learn to spot and address workplace bullying, and empower yourself to foster a respectful, inclusive environment.</div>	<div>2</div> <div>Notice how your body and mind respond to changes in light and temperature, and now give yourself space to honor those shifts.</div>	<div>3</div> <div></div>
<div>6</div>	<div>7</div> <div>Pause to write down three emotions you've felt most often this season, acknowledging them without judgment.</div>	<div>8</div>	<div>9</div>	<div>10</div> <div>Notice moments of beauty unique to this season and write them down as small sources of joy.</div>
<div>13</div>	<div>14</div> <div>Reflect on the activities or routines that help you feel grounded as the seasons change.</div>	<div>15</div>	<div>16</div> <div>Take a short walk outdoors, paying attention to the details of the current season — the air, the colors, the sounds.</div>	<div>17</div>
<div>20</div> <div>Jot down one self-care practice that supports you most in this season and commit to returning to it regularly.</div>	<div>21</div>	<div>22</div>	<div>23</div> <div>Live Class: Unpacking the Cause of Your Depression 6:00 PM ET</div>	<div>24</div> <div>Reflect on how seasonal transitions in the past have shaped your mental health and what you've learned from those experiences.</div>
<div>27</div> <div>Live Class: Tracking Your Triggers, 8:00 PM ET</div>	<div>28</div>	<div>29</div>	<div>30</div> <div>Create a gentle plan for yourself — one way to nurture your wellbeing during the current season and one way to prepare for the next.</div>	<div>31</div> <div>Recognize that some days feel heavier when the light fades earlier, and allow yourself extra rest when needed.</div>