

SEPTEMBER 2022

EVERY ACCOMPLISHMENT BEGINS WITH A DECISION TO TRY

SUN

MON

TUE

WED

THU

FRI

SAT

28
Reduce stress Monday AM:
put your clothes out, pack
your lunch, and give yourself
that extra time in the morning
to rest!

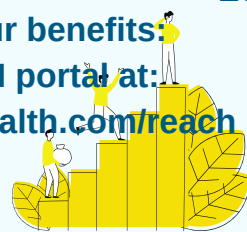


4
Sunday scaries? Focus on
what you are hopeful about
for the week and opportunities
for growth and success.



11
Take a moment and honor
the people we lost and the
people who supported us on
9/11.

18
Learn about your benefits:
visit the REACH portal at:
<https://www.assethealth.com/reach>



25
Practice mindfulness:
Walk outside for 5 minutes,
and focus on your feet meeting
the earth with each step.



29
Working on a project this
week? Stay focused! Remove
distractions, put your phone out
of sight & turn off email & chat
notifications for a bit.



5
Take a break: Go walk by
the river or get outside
and breathe in fresh air!

12
Close your eyes and pay
attention to what you can hear
for 3 minutes. This is mindfulness

19
Not feeling good enough? Try
limiting your time on
social media today to stop
the comparison trap!



26
Feeling stressed? Take 10
slow, deep breaths. You'll
be surprised by how a
simple breathing exercise
can help you keep calm.

30
Spend 3 minutes observing
nature today, whether outside,
listening to nature sounds, or
looking at your favorite landscape
pictures



6
Take advantage of mistakes or
problems that arise at work by
documenting the issue & the
resolution. You'll be better
prepared for similar issues in
the future.

13
Write a connection
card to someone in your
department to spread
positive work culture!

20
Don't skip lunch! Missing a meal
can inhibit your ability to focus
at
work and might lead to
overeating later.

27
Practice replacing any negative
sources of news with music,
an educational podcast, or
time practicing mindfulness.

31
Dehydration can affect your
ability to concentrate on
important tasks and might affect
your motor skills. Keep a water
bottle nearby and drink up!



7
Swap screen time for a
book: put down the phone 30
min. earlier than usual tonight!

14
Exercise isn't just good for
physical health: 20-30 minutes
of moderate physical activity can
boost your mood and promote a
better night's sleep.

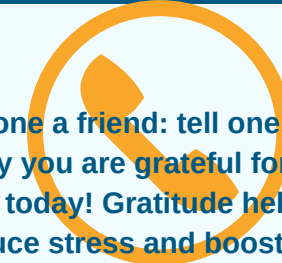
21
Midday slump? Try
stretching for 5 minutes
before you reach for the coffee
or sugary treats!



28
Did you eat any fruit or
veggies yet today? Head to the
cafeteria
to pick up a salad or
piece of fruit!

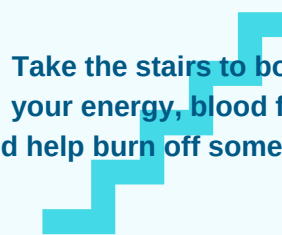


1
Phone a friend: tell one friend
why you are grateful for them
today! Gratitude helps
reduce stress and boost mood.

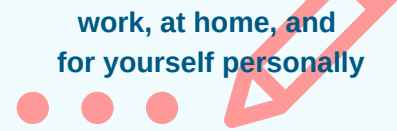


8
Give them something to
smile about: Spread
by helping out a
friend, family member, or
your local community.

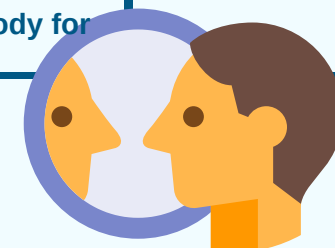
15
Take the stairs to boost
your energy, blood flow,
and help burn off some stress!



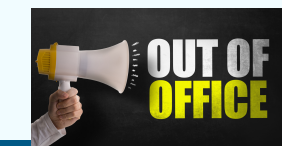
22
Write down 3 things that
are growing well at
work, at home, and
for yourself personally



29
If you're struggling to
unwind
before bed, smell some
lavender!
This floral scent can reduce
anxiety & prep your body for
sleep.



2
Turn your work e-mail
off for the weekend if you're
not on call!

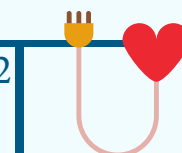


9
Reflect on the week:
Name 1 thing that didn't go
great, 1 thing that went really
well, and 1 thing you are
excited
for this weekend

16
Listen to your body! Subtle signs
of stress can include changes in
appetite, mood swings,
headaches, stomach problems,
or sleep patterns.

23
Your time is valuable.
Practice politely saying no
to social obligations or
work related tasks that are
outside of your limits

30
Reflect: What went well this
month? What do you want
to grow or improve upon
in the next month?



3
Take 10 minutes to: go for
a walk, sit outside and take deep
breaths, listen to music you love

Feeling stressed? Take 10 slow,
deep breaths. You'll be surprised
by how a simple breathing
exercise can help you keep calm.

17
Practice mindfulness today:
Name 5 things you can see
4 things you can hear
3 things you can feel
2 things you can smell
1 thing you can taste



24
Reflect on the seasonal
change, and write out 3
goals
you have yourself in this
new season.

