

# October 2024



**Motto of the month:**  
You are not alone  
in your struggles

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**Breast Cancer Awareness Month**  
Prevention can save lives. Take some time to check your chest and flag anything unusual.

1



Though temperatures are dropping, getting outdoors in the fall is a great way to maintain overall wellness.

2

The weather may be getting cooler, but it's still important to stay hydrated.

3

A small change can go a long way! Open a window, add a new plant, or declutter your desk on **Improve Your Office Day**.

4



Learn how anxiety can cause back pain and what you [can do to relieve stress and feel better](#).

5

Check this guidance for **Menopause Awareness Month**.

6

Here is everything you need to know about our annual event – **Thrive Summit**.

7



On a budget? Try meal prepping, you'll eat healthier & save money on eating out too.

8

Indoor and outdoor sports can help you maintain your cardio and strength. Organize a charity tournament, participate in a fall fitness challenge, or join a fall sports league.

9

How are you feeling? How are the people around you feeling? Take a moment to check in with at least three people today—you never know how much it could mean.

10

Even if you don't experience [seasonal depression](#), autumn is a great time to prioritize your mental health. As the days get colder, taking time for self-care can uplift your spirits.

11

Feeling like you need to talk? Connect with a local professional or reach out to a loved one who can support you.

12



Check these [10 examples of health and wellness programs](#) in the workspace.

13

Multi-tasking may seem like a good idea, but it can actually reduce your productivity. Today, challenge yourself to focus on just one task at a time and see the difference it makes!

14

Feeling like your mornings are consumed by endless phone scrolling? Consider switching to a traditional alarm clock to start your day differently.

15

When was the last time you took a day for just you? Self-care isn't selfish; it's necessary.

16



Take a break mid-month and make sure your [workspace is set up correctly](#).

17

Here are [6 things you should know about meditation](#) before you get started.

18

If you have back pain, target [these back exercises](#) that can help you feel better.

19

Use this Sunday to relax and spend time with family and friends.

20

Find joy in the small pleasures of fall. Appreciate the beauty of the changing leaves & the crispness in the air.

21

Explore this collection of [ADHD & neurodiversity resources](#) for **ADHD Awareness Month**.

22

Need to talk to someone? Find a local professional or reach out to a loved one.

23



Check these [10 myths about heart disease](#) and replace them with actual facts.

24

With Halloween approaching, why not get cozy and watch a spooky film tonight?

25

If you notice knee pain when straightening your leg, there's a lot you can do to feel better, [including these exercises](#).

26



Beat Sunday Scaries with this [4-minute meditation](#). You can practice it whenever you need a mental reset.

27

Make it a priority to take time for yourself as we enter the busy holiday season. Take 30 minutes a week just to focus on you.

28

Check [these top tips](#) for staying mentally healthy at work.

29

Want to end the year strong? Break down your personal & professional goals into small manageable daily actions to get started.

30



**Happy Halloween!**  
Cook a healthy dinner tonight before you reach for the candy—it's all about balance.

31

Because health is personal™