

Week 1

Wellness Designed for You

October 1 – October 9

Your wellness journey starts here.

Take a few minutes each day to explore, reflect, and take steps that support your well-being.



OCTOBER 1



Learn Why Wellness Matters

Discover why healthy workplaces benefit employees, teams, and communities.

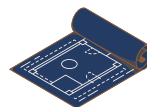
OCTOBER 2



Begin Your Journey

Set your intentions and get ready for daily wellness boosts that support your journey.

OCTOBER 5



Create Your Wellness Blueprint

Map your energy, listen to your body, and build a wellness plan that works for you.

OCTOBER 6



Explore & Engage in Men's Wellness

Learn about whole-person wellness and resources that support men's health and well-being.

OCTOBER 7



Engage in Women's Well-being

Discover why healthy workplaces benefit employees, teams, and communities.

OCTOBER 8



Reflect on 2SLGBTQI+ Well-being

Explore inclusion, belonging, and allyship to create a supportive and respectful workplace.

OCTOBER 9



Promote Wellness Through Advocacy & Mindfulness

Discover ways to support diverse wellness needs and create an inclusive, healthy workplace for all

THIS WEEK YOU CAN

- ✓ Complete a Wellness Self-Assessment
- ✓ Explore the Wellness Resource Hub
- ✓ Choose one wellness resource that interests you
- ✓ Write down one personal wellness goal for this month

SCAN ME



Access all Week 1 resources, daily activities and downloadable materials.



Small steps make a big difference.



Week 2

Building Sustainable Habits

October 12 – October 16

Your wellness journey starts here.

Take a few minutes each day to explore, reflect, and take steps that support your well-being.

OCTOBER 12



Practice Gratitude

Take a few moments to recognize the people, experiences, and accomplishments that positively impact your workday.

OCTOBER 13



Prioritize Healthy Habits

Explore simple daily habits that help improve focus, energy, and overall well-being.

OCTOBER 14



Communicate Effectively

Learn practical ways to strengthen communication, build trust, and create positive workplace relationships.

OCTOBER 15



Clear Your Mind

Take a few quiet moments to pause, organize your thoughts, and release distractions so you can approach your day with greater clarity and focus.

OCTOBER 16



Build Confidence

Practice small actions that strengthen confidence, encourage growth, and help you thrive at work.

THIS WEEK YOU CAN

- ✓ Practice one healthy habit every day
- ✓ Take a mindful break during your workday
- ✓ Share one positive moment with a colleague
- ✓ Reflect on what habit you'd like to continue

SCAN ME



Access all Week 2 resources, daily activities and downloadable materials.



Small steps make a big difference.



Week 3



Your Toolbox for Thriving

October 19 – October 23

Your wellness journey starts here.

Take a few minutes each day to explore, reflect, and take steps that support your well-being.

OCTOBER 19



Understand Your Stress

Recognize the signs of stress and learn simple techniques to improve self-awareness and well-being.

OCTOBER 20



Reframe Challenges

Practice shifting your mindset to build resilience and approach challenges with confidence.

OCTOBER 21



Manage Emotional Load

Explore practical strategies to process emotions, reduce overwhelm, and restore balance.

OCTOBER 22



Find Support Systems

Learn practical ways to strengthen communication, build trust, and create positive workplace relationships.

OCTOBER 23



Sustain Well-Being

Practice small actions that strengthen confidence, encourage growth, and help you thrive at work.

THIS WEEK YOU CAN

- ✓ Try one stress-management technique
- ✓ Reach out to someone for support or connection
- ✓ Reframe one challenge using a positive mindset
- ✓ Celebrate one success from this week

SCAN ME



Access all Week 3 resources, daily activities and downloadable materials.



Small steps make a big difference.



Week 4



Owning your Wellness Roadmap

October 26 – October 30



Your wellness journey starts here.

Take a few minutes each day to explore, reflect, and take steps that support your well-being.

OCTOBER 26



Reflect on Growth

Take time to reflect on your progress, celebrate successes, and identify opportunities for continued growth.

OCTOBER 27



Recognize Progress

Celebrate small wins and acknowledge the progress you've made to build confidence and motivation.

OCTOBER 28



Recharge & Refocus

Take intentional breaks to recharge your energy, improve focus, and support your overall well-being.

OCTOBER 29



Reset Your Energy Levels

Check in with your energy levels and make small adjustments to maintain balance throughout the day.

OCTOBER 30



Renew Your Commitment To Wellness

Reflect on your wellness journey and recommit to healthy habits that support long-term well-being.

THIS WEEK YOU CAN

- ✓ Reflect your wellness journey this month
- ✓ Celebrate one personal or professional achievement
- ✓ Choose one wellness habit to continue
- ✓ Create a simple plan for maintaining your well-being

SCAN ME



Access all Week 4 resources, daily activities and downloadable materials.



Small steps make a big difference.

