2026

November

A Month of Calm

One small way to slow down

MON	TUE	WED	THU	FRI	SAT	SUN
						1 Take five slow breaths, longer on the way out
2 Drop your shoulders and unclench your jaw three times today	3 Stretch your neck gently for one minute	4 Lie down and relax your body from toes to head	5 Drink a warm cup of tea without doing anything else	6 Look at the sky for two minutes	7 Take a ten-minute walk without your phone	8 Put on calm music and close your eyes for five minutes
9 Wash your hands slowly and feel the water	10 Write down what is on your mind, then close the page	11 **Veterans Day** Take a warm shower or foot soak tonight	12 Stretch your back and hips for five minutes	13 Name 5 things you see, 4 you touch, 3 you hear	14 Turn off screens thirty minutes before bed	15 Rest your eyes by looking at something far away
16 Hum or sing quietly for one minute	17 Tidy one small spot, then sit and enjoy it	18 Do nothing for ten minutes, on purpose	19 Water a plant or look at something green	20 Massage your hands for two minutes	21 Breathe in for four counts and out for six counts, five times	22 Light a candle or dim the lights this evening
23 Take a slow walk and match your steps to your breath	24 Say one kind thing to yourself	25 Open a window and breathe fresh air	26 **Thanksgiving** Wrap yourself in a blanket and rest for ten minutes	27 Eat one meal slowly and chew well	28 Stretch your arms overhead and take a big yawn	29 Write down three things you can let go of today
30 Plan a quiet hour for yourself this week						