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						