OCTOBER

A Month of Positive Psychol...

Resilience. One small habit for well-being a day.

2027

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Remember a time you handled something hard	2 Write down what helped you get through it	3 Name one thing you can control today
4 Take a short walk when you feel stuck	5 Talk to someone about a hard moment	6 Write a list of people you can ask for help	7 Say out loud: this is hard, and I can cope	8 Take one small step on a problem	9 Rest, then try again	10 Notice what you did well, even on a bad day
11 Columbus Day Ask: what can I learn from this?	12 Do something kind for yourself	13 Write about a setback and how you moved on	14 Breathe slowly for two minutes	15 Cook a simple meal and eat it slowly	16 Move your body for ten minutes	17 Look for one good thing in a bad day
18 Remember who has helped you before	19 Go to bed earlier than usual	20 Write a short note to yourself for hard days	21 Say no to something so you have energy	22 Notice the strength you used	23 Ask for help with one small thing	24 Tell a friend about a tough day
25 Name three things that still go well	26 Let a small thing go today	27 Put on a song that lifts you	28 Spend time outdoors for ten minutes	29 Write what you want to remember about this season	30 Plan one thing to look forward to	31 Celebrate getting through the month