

# 2021 September








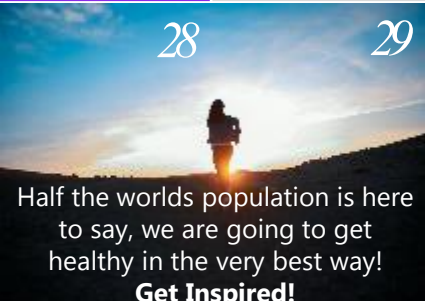
As we enter National Recovery Month, let us take the time to acknowledge and celebrate the resiliency and growth of those around us on the path to recovery.

Continue to cultivate inclusivity practices into our daily lives as we honor Hispanic Heritage Month.

Listen to others with open hearts and be a resource during Suicide Prevention Month.

Always remember that you deserve the unconditional support that we provide to others.

Catch You on the Well Side! - Your office of Wellness.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div>1</div> <p>Let's <b>Plan</b> out what wellness practices we can try this month?</p>	<p>How many glasses of <b>Water</b> have I had today?</p> <p>1 2 3 4 5 6 7 8</p> <div>2</div>	<p><b>Take a breath.</b></p> <div>3</div> 	<p>Skip the drive thru and make dinner at <b>Home</b> tonight. What sounds good?</p> <div>4</div>
<p>Big week ahead, what <b>Healthy Snacks</b> can we pack ... Almonds anyone?</p> <div>5</div>	<p>What <b>Physical Fitness</b> activity should we try? Stretching, swimming, walking, and yoga all sound fun. Let's go!</p>  <div>6</div>	<p>Tonight, I will try <b>Powering Down</b> my electronics 20 30 60 minutes before bedtime to see if I feel more rested.</p> <div>7</div>	<div>9</div> <p><b>How did it go?</b></p> <p><input type="checkbox"/> Amazing <input type="checkbox"/> Good <input type="checkbox"/> Definitely need to try again</p>	<p>Repeat often</p> <p><b>I am Resilient.</b> <b>I am Capable.</b> <b>I Matter.</b></p> <div>10</div>	<div>11</div> <p>What a great day to reach out to those you have been thinking of. <b>Call</b>, they would love to hear from you.</p>	
<p>Time to <b>Relax</b> and <b>Recharge</b></p> <div>12</div>	<div>13</div> <p>What would be an interesting <b>Culture</b> to learn about? Let's look one up!</p>	<p>The three things I am <b>Thankful</b> for today are</p> <p>1. 2. 3.</p> <div>14</div>	<div>15</div>  <div>16</div> <p>Halfway through the month and you are doing great! Find a moment to <b>Inhale</b> and <b>Exhale</b> releasing any tension or stress. Now, let's take five more deep breaths together ...</p>	<p>Last five minutes of lunch, perfect time for mini <b>Meditation</b></p> <p>Lets clear our thoughts and get centered.</p> <div>17</div>	<div>18</div> <p><b>Visualize</b> something you are working towards. Can you see it?</p>	
<div>19</div>  <div>20</div> <p>Getting some <b>Fresh Air</b> sounds great, and I know exactly who can join me. Don't forget the water bottles!.</p>	<p><b>Believe</b> that <b>Recovery</b> in all forms are <b>Possible!</b></p> <div>21</div>	<div>22</div> <p>Kindness is free, <b>Smile</b> or say hello to somebody new.</p> <p>I did it! <input type="checkbox"/></p>	<p>Skip the elevator and <b>Take</b> the <b>Stairs</b> or park a couple spots further for extra steps.</p> <div>23</div>	<div>24</div>  <p>What would be a <b>Nutrient Rich Breakfast</b> that will help fuel my body?</p>	<p>Break out the seasoning and spices for a <b>Home-made</b> meal that we have never tried before.</p> <div>25</div>	
<div>26</div> <p>My <b>Favorite</b> thing about this weekend was...</p> <p>_____</p> <p>_____</p>	<div>27</div> <p>Being alive is a great thing to <b>Celebrate</b>, and everyone deserves to know that.</p>	<div>28</div>  <div>29</div> <p>Half the worlds population is here to say, we are going to get healthy in the very best way!</p> <p><b>Get Inspired!</b></p>	<p>Take some time to <b>Reflect.</b> What did you learn about yourself this month?</p> <div>30</div>	