

2024 September

Grow your self awareness, one day at a time.



** Always consult your physician before starting a new diet or fitness routine.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Learn more about My Mental Health Resources, provided by Lyra.	2 Check in with your emotions by asking yourself, "How do I feel right now?"	3 Understand what mindfulness is and how it can help relieve stress.	4 Listen to music or sounds with full attention. Let the music wash over you.	5 Learn to surf life's ups and downs with this five-minute meditation.	6 Notice where you feel tension or discomfort in your body when feeling certain emotions.	7 Learn to let go of negative thinking traps.
8 Spend five minutes today being present in the moment.	9 Learn how regulating your emotions can improve your well-being.	10 Step away when feeling stressed to process your emotions.	11 Acknowledge your feelings today without labeling them as good or bad.	12 Try this 1-minute exercise to help you mindfully notice your breathing.	13 When a negative thought comes up, simply notice it without letting it ruin your day.	14 Try these eight grounding techniques to alleviate anxiety.
15 Watch this video to learn how self-compassion builds mental strength.	16 Describe your feelings using statements like "I feel..."	17 * WEBINAR * Webinar: <i>Put Your Wellness First: A Guide to Personalized Self-care</i> @ 11 am CT	18 Write down three things you're grateful for to shift your perspective.	19 Learn ways to help your child build emotional strength.	20 Maintain a list of feelings and emotions to help identify them more easily.	21 Celebrate your loved ones when they take time to prioritize self-care.
22 Check out these five tips to support your child's mental health.	23 Listen carefully to how others express their emotions.	24 Self-care isn't selfish. Taking care of yourself is good for you and those around you.	25 Focus on the things you can change but know you can't control everything.	26 Learn how to overcome setbacks and build resilience.	27 Spend time outdoors. Fresh air and nature can improve your mood.	28 Check out these practical tips for managing tough emotions.
29 Try a meditation to help you sleep better so you can feel better.	30 Recognize any positive changes in your mood, energy, and well-being.					

My well-being focus for September is:

Explore all of your well-being benefits at One.Walmart.com/wellbeing

My September well-being webinar

Put Your Wellness First: A Guide to Personalized Self-Care

Tuesday, September 17, 2024 @ 11 am CT

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