

2024 October

Boost your well-being one day at a time



Supportiv

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pick a concrete self-care goal for this World Mental Health Month	2 Try a fully anonymous peer support chat for a quick mood boost	3 Ask the question you've been meaning to ask, and get it off your mind	4 Tell a Spanish-speaking coworker: Supportiv is now en Español, too!	5 List a few reasons why you "keep going" even in hard times
6 Feeling broken? Get help figuring out why, so you can start to address it	7 Reconnect with someone from your past. It's ok if you dropped off the map!	8 Practice noticing and challenging your judgments of others	9 Take stock of your personal accomplishments so far this year	10 World Mental Health Day Examine why it sometimes feels hard to ask for help	11 Get familiar with your wellbeing benefits. Many can be used same-day	12 Remind your dependents they can also use some of your benefits. Explore with them!
13 Beat the "Sunday Scaries" with a dance break	14 Try something new on your day off, for your cognitive and emotional health	15 Use these pointers for staying calm in political conversations	16 Remember you can take responsibility without drowning in guilt	17 Check in with a friend or coworker who's been struggling	18 Think back on an activity that used to give you joy. Plan that for tomorrow!	19 Consider that seeking emotional support can feel freeing
20 Start a habit of preparing for the upcoming week on Sundays	21 Pause to appreciate your strength and all you've been through	22 Choose something to do instead of doom-scrolling tonight	* WEBINAR * 23 @ 12pm CST Cushion the impact of life's struggles w/ new tips	24 Counter your election stress with this free, vetted toolkit	25 Reflect on your most meaningful friendships. Then express your gratitude!	26 Review this social cheat sheet to minimize in-the-moment anxiety
27 Take a break from doing, watching, and listening – just let your mind wander	28 Take a couple bite-sized steps to counter your burnout	29 What's something you love about yourself? Keep it in mind!	30 Let out an issue that's been weighing on you, by talking to a friend or peer	31 Halloween Prioritize having some fun!		

My well-being focus for October is:

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

My October well-being webinar
Navigating Life's Struggles: From Daily Challenges To Major Disruptions
 WEDNESDAY, OCT 23, 2024 @ 12pm CST

*** Ways to stay up to date on Well-being at Walmart and Sam's Club**

- **Email** - Join the Well-Being email list for **early access** each month to the newest Tip Calendar and Webinar - [Get added to the mailing list today!](#)
- **Text** - Get the **daily** tips delivered directly to your phone via text with "Well-being Tip of the Day", brought to you by our partners at myAgileLife. [Sign up here!](#)

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