



Building Your Mental Health – One Day at a Time

| Date | Daily Activity |
|---------|--|
| Sept 1 | Two-Minute Reset – Sit, close eyes, inhale 4, exhale 6 for 2 minutes. |
| Sept 2 | Gratitude Note – Write or message one thank-you. |
| Sept 3 | Micro-Walk – 10-minute walk device-free. |
| Sept 4 | Water Wins – Drink a full glass of water upon waking/starting shift. |
| Sept 5 | Single-Task Hour – Choose one priority, silence notifications, and finish it. |
| Sept 6 | Joy List – List five tiny things that reliably lift your mood; pick one to do today. |
| Sept 7 | Digital Shelf – Move social apps off your home screen for 24 hours. |
| Sept 8 | Mindful Bite – Eat one snack or meal with full attention (no screens). |
| Sept 9 | Stretch Break – Neck, shoulders, wrists, and hips for 5 minutes. |
| Sept 10 | Kindness Micro-Task – Hold a door, let someone merge, or leave a quick positive comment. |
| Sept 11 | 3-Good-Things – Tonight, jot three things that went well and why. |
| Sept 12 | Boundaries Script – Practice one sentence for healthy boundaries. |
| Sept 13 | Nature Glance – Spend 5 minutes outside noticing what you see. |
| Sept 14 | Tidy-10 – Reset one small space for 10 minutes. |
| Sept 15 | Refuel Check – Add a protein + produce to one meal or snack. |
| Sept 16 | Inbox Compassion – Write an email in a warmer tone; add appreciation. |
| Sept 17 | Learning Bite – Watch/read 5 minutes on a topic you care about. |
| Sept 18 | Micro-Connection – Ask one person a genuine follow-up question. |
| Sept 19 | Move-30 – Accumulate 30 minutes of movement today. |
| Sept 20 | Unwind Cue – Create a calming end-of-day ritual. |
| Sept 21 | Values Sticky – Write your top value on a sticky note; use it today. |
| Sept 22 | Breath + Posture – Roll shoulders back, take three slow breaths. |
| Sept 23 | Worry Parking Lot – Write worries; schedule a 'worry window.' |
| Sept 24 | Ask for Help – Delegate or request a small assist. |
| Sept 25 | Screen Sunset – Stop non-essential screens 30 minutes before bed. |
| Sept 26 | Positive Compliment – Offer one specific, sincere compliment. |
| Sept 27 | Future You Favor – Do one thing your 'tomorrow self' will thank you for. |
| Sept 28 | Financial Calm – Spend 10 minutes on one small money task. |
| Sept 29 | Micro-Meditation – Try a 5-4-3-2-1 grounding exercise. |
| Sept 30 | Reflect & Reset – Note your top 3 wins; choose 1 habit for October. |

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September is Suicide Prevention Awareness Month. In the U.S., call or text **988** for the Suicide & Crisis Lifeline. If there's immediate danger, call **911**.