September 2022

CBIZ

Self-Care Inspiration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Click on the links for additional information and resources. In honor of Better Breakfast Month, every Friday we highlight a new healthy breakfast idea for you to try.				Relax by reading a good book **01**	Enjoy apple cinnamon baked oatmeal for breakfast **02**	**SUICIDE PREVENTION MONTH** Feel stronger & more hopeful by building social connections **03**
Help a friend in need **04**	Transition your bills to automatic payment so you never end up with a late fee **05**	**BLOOD CANCER AWARENESS MONTH** Reduce your risk by moving for at least 30 minutes every day **06**	Imagine the best possible outcome to a situation you are anxious about **07**	Plan an at home date night for this weekend **08**	**CHOLESTEROL EDUCATION MONTH** Eat some healthy fats: Try avocado toast **09**	Listen to some fun music while walking outside **10**
Tell your children, nieces, or nephews how much you appreciate them **11**	**HAPPY GRANDPARENTS' DAY** Celebrate a grandparent in your life **12**	Disconnect from technology and spend time doing something you enjoy **13**	QUIZ: How strong are your social connections? How could you make them stronger? **14**	Practice Mindfulness for 10 minutes today **15**	**GYNECOLOGIC CANCER AWARENESS MONTH** Eat some fresh fruit for breakfast to reduce your risk of cancer **16**	Dance to your favorite song **17**
Explore textures, sounds and colors in nature **18**	Tell your co-workers something you appreciate about them **19**	Start the day with purpose ✔ Make a to-do list and check things off **20**	**WORLD GRATITUDE DAY** Are you grateful for all the good things in you life? **21**	Take the stairs instead of the elevator today **22**	Make some oatmeal granola bars for a healthy on-the-go breakfast. **23**	Support a charity that speaks to your values **24**
Call an old friend **25**	Post a positive online review of a local business **26**	Do you have a long term goal that is meaningful to yourself and the world? Set one today! **27**	Develop 3 financial goals and make a plan to achieve them **28**	Write a gratitude list this morning **29**	Fortify your breakfast by adding spinach & tomatoes to your scrambled eggs **30**	