

Spirit & Soul September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Who: Everyone!</p> <p>What: <i>Spiritual wellbeing</i> means the ability to experience and integrate meaning and purpose in life through a person's connectedness with self, others art, music, literature, nature, or a power greater than oneself. This calendar serves to bring awareness to the importance of spiritual health and to help guide you through exercises to nourish your soul.</p> <p>Why: Our emotional and intellectual health are just as important as our physical health. When we pay attention to how certain behaviors or events impact our feelings and our morals, we can make adjustments to nourish our hearts and minds.</p>						1
2 Spend 30 minutes with yourself. Do whatever, but let this time be for your own thoughts.	3 Labor Day Reflect on your work. <i>Are you satisfied? Does your work bring you joy?</i>	4 Pain Awareness Month Join The MindReset to meet others living with chronic pain.	5 Pain comes from multiple sources. <i>Have you thought about how you manage your pain?</i>	6 When you feel pain practice deep breathing to find your center.	7 Think about emotional pain. <i>What actions can you take to relieve emotional pain?</i>	8 Help relieve pain by exercising. Check out TMR's weekly workout videos!
9 World Suicide Prevention Day Sign up for suicide prevention training	10 Express your feelings and concerns in a safe place. Sign up for Digital Support group @ 7:30pm ET	11 National Childhood Obesity Month Encourage children to be healthy and feel good about their bodies!	12 Think about how you feel about your body. <i>Are you healthy? How does being healthy make you feel?</i>	13 Think about your sugar/salt/fat intake. How can you limit the sugar/salt/fat in your diet?	14 Eat a healthy meal! Think about how the food you eat impacts your body and your mind.	15 Get active with your family or friends today! Having fun while exercising with others boosts mood.
16 Check in with how you feel. <i>Do you need to rest today? Would you like to go out with friends?</i>	17 Reflect on your spiritual health. <i>How would you define your spirit?</i>	18 Suicide Prevention Month Put the lifeline in your phone: 1-800-273-8255	19 TMR hosts AFSP Talk Saves Lives Training @ 8:00pm ET Attend suicide prevention training	20 Reflect: <i>How can you help someone who may be feeling suicidal?</i>	21 Consider attending an AFSP walk. Sign up as an in-person or virtual walker with TMR HERE .	22 Check in with your mental health. Request a coping matrix from The MindReset.
23 Go to church! Or think spiritually.	24 Giving back to your community can nourish your soul. Think about volunteering. Sign up for The MindReset!	25 Seek deeper meaning. Think about what gives you purpose.	26 Take a walk during the day. Clear your mind, spirit, and soul.	27 Try meditation. There are apps or Youtube videos that can guide you through short sessions.	28 Think about how your behaviors have a ripple effect with whomever you encounter. <i>Are they positive behaviors?</i>	29 Take a sober Saturday. Take a moment to let your mind be free of substance that can impact thought clarity.
30 Reflect on lessons learned this month.						