

October



Daily Dose of Oxygen

Small daily practices to care for yourself at work and at home.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Mid-day check in; press pause for a few minutes to recalibrate	2 Entrance song: Play your favorite song on your way to work	3 Soak in fall - a favorite drink, a scenic walk, or a cozy afternoon
4 SCS: What do you need more of this week? How will you prioritize it in your schedule?	5 Oxygen Mantra: I give myself permission to be human first.	6 Sit down and enjoy your lunch away from your screen today	7 Take a five-minute fresh-air break	8 Phone a friend who makes you feel like yourself	9 Yay Day: Jot down three bright spots from the week	10 Read something for enjoyment for at least 15 min
11 SCS: What helps you feel refreshed? Where can you make space for it this week?	12 Oxygen Mantra: I can pursue excellence & care for myself along the way.	13 Slow sip: Enjoy the first few sips of your coffee or tea without multitasking	14 Choose a stopping time for work today; Set a reminder & follow through	15 Ask someone for one small thing that would make your day lighter	16 Write a DONE list. Recognize what you DID accomplish this week	17 Personal happy hour: Make time for something you enjoy
18 SCS: Where are you saying "yes" when you need to pause? What would an honest response sound like?	19 Oxygen Mantra: I am uniquely designed for this role.	20 Start the day with 3 priorities; 1 professional, 1 relational, 1 personal	21 Close your door for 20 min. Focus on getting one thing done	22 Turn off the tech early; Aim for 7-9 hours of sleep tonight	23 Jot down one thing you handled well this week; Give yourself credit	24 Spend uninterrupted time with a loved one or friend
25 SCS: Which intentional act supported you most this month? How can you make that a habit?	26 Oxygen Mantra: I will stay positive & work on solutions.	27 Take 5 min between two commitments to breathe and reset	28 Connect with someone just to share why you appreciate them	29 Wind down with 15 min of yoga or stretching before bed	30 Self check in: Where did you expend most if your energy this month?	31 Schedule a massage or a similar activity to nourish your body



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