

National Wellbeing Month

AUGUST 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						August 1 – Joy Hunt: Find one thing that brings you joy today—a small moment, a song, a person. Soak it in.
August 2 – Create a Gentle Boundary: Something that allows you to say “yes” to yourself, and “no” to others, without feeling guilty.	August 3 – Practice the PAUSE: Pay attention, Acknowledge, Understand, Slow down, Engage intentionally.	August 4 – Mini-Mind Expansion: Learn one new fact and share it with someone.	August 5 – Wellbeing Speaker Series: Participate in the “Rebuilding Wellbeing at Work” webinar on August 5th , hosted by the Center for Wellbeing. Click here to register.	August 6 – Power Snack Check: Choose a snack today that energizes you—not just fills you. Bonus: share your go-to with a coworker.	August 7 – Financial Wellbeing Check: Set a meeting with a financial coach from Empower or EAP. You can always improve your money habits.	August 8 –Student Loan Support: Schedule a session with EdAssist to discuss student loan repayment options or visit myHR to learn more about your benefit.
August 9 – Color Walk: Pick a color and go for a 10-minute walk. Notice how often that color shows up during your walk.	August 10 - 30-Second Centering: Close your eyes, take a deep breath, and silently ask: “ <i>What kind of energy do I want to bring today?</i> ”	August 11 – Practice Self-Kindness: Speak to yourself like you would someone you love.	August 12 – Refresh Your Space: Choose one surface in your space and give it a refresh—your badge reel, bag, locker, desk, computer, or breakroom shelf.	August 13 – Breathe on Purpose: Inhale. Hold. Exhale. Repeat as many times as you can for 1 minute.	August 14 – Connection Kindness Challenge: Reach out to someone you haven’t talked to in a while and send them a message of appreciation.	August 15 – Laughter is Good for the Soul: Make room to laugh or smile.
August 16 – No-Spend Mini Challenge: For one day, try not to buy anything outside of essentials. Reflect on what you already have.	August 17 – 3-Point Gratitude Grounding: Say thank you—out loud or silently—for one person, one place, and one small thing.	August 18 – Try a New Recipe Challenge: Cook something new today—whether it’s a dish from your culture or a cuisine you’ve never tried. Bonus points for sharing it with someone else!	August 19 – Hydration Hustle: Fill up your water bottle and challenge yourself to finish it by 12pm.	August 20 – Nothing Like a Good Book: Set a 10-minute timer and read or listen to an audiobook.	August 21 - Explore a New Spot Challenge: Visit a restaurant or café you’ve never been to before. Share your favorite bite with a friend or coworker.	August 22 – Make a New Connection: Have a conversation with a colleague you’ve never had a chance to connect with.
August 23 – Create a Joy Jar: Write 5 things that bring you joy or calm on slips of paper and place them in a jar or cup. Pull one when you need a boost.	August 24 – Social Media Break: Consider taking a one-day break from social media. Reflect on how you feel not being “in the know.”	August 25 – Movement Matters: Take time to move your body – dance, stretch, march in place, or shake it off (literally).	August 26 – Ask a New Question: Ask a “why” or “what if” question in your next conversation. Curiosity builds connection.	August 27 – Reconnect to Your Why: Take a moment to journal about the “why” behind your career, as well as where you see yourself in the next 3 years. Sky’s the limit!	August 28 – Be Creative: Color, draw, sing, cook, decorate, or write. Light up your brain and nourish your soul.	August 29 – Forgive and Move Forward: Forgive yourself for any mistakes you’ve made this month. You’re human!
August 30 - One Thing-Tidy Up: Choose one area in your home or vehicle and organize the space.	August 31 – I Choose Wellbeing: Take an individual or team picture holding the “I Choose Wellbeing” sign. Bonus: post on social media and send to wellbeing@medstar.net					