

Wellness Institute Monthly Calendar

September 2022



Monthly Celebrations

Classical Music Month

Many classical pieces are familiar to us—whether from attending a performance or hearing it as the background in movies or cartoons. Take time this month to explore. [Performing Arts Music](#) offers a sample of three pieces and you can find many more on YouTube, Pandora, or even those extra channels that come with a cable TV subscription.

Self-Care Awareness Month

Consider all the ways you care for yourself every day in all of the [eight dimensions of wellness](#). Keep track of what you do every day and every week. Pay attention to how you feel when you challenge your mind, visit with friends, or spend time outdoors. Plan to do more of what relieves stress, provides meaning and purpose, and brings a sense of peace.

Whole Grains Month

Adding [whole grains](#) to your regular diet has proven health benefits. Whole grains have all the original parts of the grain, whether that's wheat, oats, corn, or one of the many other grains. Learn about [how to tell](#) if a product really is whole grain and [how to cook](#) with whole grains.



Week 1: September 1-3

September 1: World Letter Writing Day

The founder of this day thinks the personal content in letters requires careful planning and thinking and offers a chance for young people to practice their handwriting. He explains in a [video](#) and provides lots of info on the [official website](#).

Week 2: September 4-10

September 4: National Wildlife Day

This [special day](#) is to raise awareness of endangered animals in the US and around the world. Take time to learn about what is needed and what you can do to help this cause.



September 10: National Swap Ideas Day

Some people, like [Robert Birch](#), have created many special days—some serious and some silly. As a patent office librarian, Birch encountered many new ideas in his career and suggested that it's a good idea to share ideas with one another.

Week 3: September 11-17

September 11: National Make Your Bed Day

Why bother? Navy Seal Admiral McRaven explains in [this video](#), excerpted from his 2015 commencement speech, given at the University of Texas, Austin.

September 14: National Coloring Day

The origin of this day is unclear, but it is clear that coloring can [help relieve stress](#). Search printable coloring pages online, but check that a site is safe for downloading before you download or print. Check out this coloring page made from a [John James Audubon](#) work and posted by the Morris Museum of Art (Augusta, GA).

Week 4: September 18-24

National Ballroom Dance Week™

Thursday Sept 16 through Sunday Sept 25 is dedicated to sharing the fun of [ballroom dance](#). Many special events are planned—from demonstrations to lessons. Find out what's happening in your area!

September 17: National Dance Day

If a whole week of dance seems like too much for you, how about one day? Add some dance to your life by joining up with others to celebrate. You can find an instructional video online, sponsored by [American Dance Movement](#), if you want to try practicing at home.



September 17: International Eat An Apple Day

There's nothing like a crisp fresh apple on a fall day! If you can, find a local orchard or farmstand where you can get a snack or supplies to make a pie or applesauce. Did you know that there was a real person behind the Johnny Appleseed story? Yes! [John Chapman](#), the Massachusetts man behind the myth, planted apple trees in nurseries to harvest for making cider.

September 17: Museum Day

Many museums offer free admission today. The [Smithsonian Institution](#) posts a list of participating museums. If you're busy this day, remember that some museums have regular free days throughout the year. Contact your local museums to ask, or visit the [Museums on Us®](#) website.

September 22: Dear Diary Day

Try journaling to boost your wellness in many dimensions. For tips on how to get started and a description of different types of journals, download our very own [Journaling: A Wellness Tool](#), a free resource developed by Dr. Peggy Swarbrick and colleagues at CSPNJ.

Week 5: September 25-30

September 25: National Comic Book Day

What is (or was) your favorite comic book? Maybe it's about superheroes, like the [Fantastic Four](#)? Or maybe [Archie](#) and his friends? Maybe you go for collections of comic strips, like Calvin & Hobbes? Or maybe you're a fan of graphic novels? Whatever your pleasure—enjoy it today!

September 28: National Good Neighbor Day

Sign the [Good Neighbor Pledge](#). You'll also find a handout, a video, and the downloadable logo.



References and Resources

- The photos in this issue are from pixabay.com
- <https://www.angieensler.com/september-holidays/>
- <https://nationaldaycalendar.com/>
- Some sources identify Pati Hope as the founder of [Self-Care Awareness Month](#).
- For other wellness resources, visit <https://cspnj.org/wellness-resource/> and <https://alcoholstudies.rutgers.edu/wellness-in-recovery/>