CSPNJ Wellness Institute
COLLABORATIVE SUPPORT PROGRAMS OF NEW JERSEY

WORDS OF Wellness

October 2025

emotional - physical - financial - social - spiritual - environmental - intellectual - occupational

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October is a powerful month to turn inward, check in, and take meaningful steps toward nurturing wellness—specially our emotional and intellectual dimensions. Throughout the month, use the variety of specific occasions as opportunities to pause and assess your emotional landscape. This month focuses on a variety of opportunities to consider what we can do.

In honor of Health Literacy Month, take one small step this October to boost your understanding of health. For example, read a short article from a trusted source on a health topic that interests you, learn how to check your blood pressure or heart rate, or practice reading a food or medication label. Even a few minutes of learning can help you feel more confident and informed when making decisions about your health.

October is **National Depression and Mental Health Screening Month** as well as **Emotional Wellness Month.** If you're feeling overwhelmed, detached, or persistently low, consider completing a confidential online mental health screening or speaking to a professional.

October is also National Work and Family Month, a reminder to reflect on how you balance your time and energy. Ask yourself: do I have space in my week to rest, recharge, and connect with the people who matter to me? If not, try one simple action: turn off work notifications after a set time, schedule one family meal or walk each week, or set aside 10 minutes daily for a personal ritual that helps you unwind. Small adjustments can add up to more balance and stronger connections.

National Arts and Humanities Month is a great opportunity to nurture your spiritual and intellectual wellness through creativity. You don't need to be an artist—small actions count. Try jotting down a few thoughts in a journal, doodling while you take a break, putting on a favorite song and noticing how it makes you feel, or looking up a local mural or exhibit online. Even five minutes of creative expression can spark joy, reduce stress, and help you feel more grounded.

On **October 1, International Day of Older Persons**, reach out to someone in your life—call, write, or spend time listening to a story from their past. This simple act supports both social and intellectual wellness while fostering intergenerational connection and meaning. **October 6 is National Depression Screening Day, and October 10 is World Mental Health Day**—both are reminders to pause and notice what we need emotionally. jot down your feelings in a journal, reach out to a trusted friend, or schedule a few minutes of quiet time to recharge to build awareness and support your emotional wellness, On **October 16 (World Food Day**), reflect on where your food comes from and how it supports your physical health. Consider cooking a meal at home that uses fresh, seasonal ingredients or visit a local farmer's market. Being mindful about food can help you connect with your body and environment. ***Celebrate* United Nations Day (October 24)** by taking a moment to connect with the bigger picture of our shared world. Read a short article or watch a brief video on a global issue that matters to you, talk with a friend about how different cultures enrich our lives, or jot down a few reflections on how you'd like to contribute to peace, fairness, or connection in your daily routines.

Daily Wellness Self-Care Routines Strengthen Mental Health *by…Lauren*

Changing your diet, starting a new gym regimen, cutting out toxic relationships, and developing hobbies can be beneficial for your overall wellness. Making changes that focus on mental health is important. Adding in a morning routine, night-time routine, mid-day meditations, or even some light daily exercise can significantly impact your mood.

Something that I have noticed through my personal mental health journey is that getting up earlier than normal, and even just drinking a glass of cold water before I go on my phone, has increased my daily productivity, mood, and reduced anxiety.

Getting through the pandemic has been stressful, although that stress has allowed me to be more mindful of the important wellness self-care routines that strengthen my mental health. I'm not the only one who found that the stress of the pandemic affected my sleep and my other daily routines. I was unable to enjoy food like I used to and had no motivation to work out or even get up to wash my face. Soon realizing that this path is unsustainable, I decided to start practicing self-care to improve my wellness journey. I needed to establish healthy routines that fit with my natural circadian rhythm.

I created a simple morning routine that included getting up and drinking water, before looking at my phone. I also do deep breathing for a few minutes. By starting my day being mindful, and doing something that benefits me, and only me, I was able to develop better wellness habits throughout my day. I started my day of taking 5 minutes at the start of the day to ground myself. Every time I have done this, I end up having more time and motivation to make myself a nourishing breakfast, get dressed in an outfit I enjoy, and sometimes go for a walk as well. This leaves me feeling significantly more energized. Grounding myself in the mornings helps me be more aware of the natural ups and downs in my energy and focus throughout the day. I am learning to fit my daily activities into these natural rhythms, which makes me more productive.

I created a nighttime routine as well. A simple skin-care routine with a cleanser, serum, and moisturizer so I feel cleaner and more productive before bed. I make sure I go to bed when I am ready to go to sleep. I try to do some short meditations before bed to calm my thoughts and help get rid of the day's stress. I have created a habit of adding the grounding when I get home from school and during my other daily endeavors. Grounding myself through the day helps me to enjoy my meals and enjoy other aspects of my day as well, such as spending time with friends and family, going in nature, playing with my pets, and more.

Starting and ending my day with calm quality time for myself keeps me mindful of how I feel. Better awareness of my circadian rhythms means I can adjust my daily routines to fit better with my circadian rhythms. This internal communication between my mind and body has a positive impact on the quality of my life and is helping me on my overall wellness journey.

Remember

- *"Choose to treat yourself with the same kindness you offer others."*
- *"Wellness self-care habits are powerful steps toward strong mental health."*
- *"Rest is not a reward; it's a vital part of your wellness."*