



## Suicide Prevention Month: Self-Care Wellness Calendar

September is Suicide Prevention Month, a time to raise awareness, share resources, and strengthen our communities through connection and care. At Veterans Outreach Center, we believe that prevention also means nurturing daily habits that support wellness, resilience, and hope. This Calendar offers simple, meaningful practices for each day of the month. They are reminders to pause, breathe, reflect, and connect. While small on their own, these daily actions create ripples of strength that help us care for ourselves and each other. This month, we invite you to see how many days in a row you can prioritize your self-care!

**Sept 1 – Gratitude Kickoff:** Write down three things you're grateful for today. Keep them simple and specific.

**Sept 2 – Connection Check:** Call or text one person you haven't spoken to in a while. Just to say hello.

**Sept 3 – 5-Minute Breath Reset:** Practice 4-7-8 breathing (inhale 4 sec, hold 7 sec, exhale 8 sec) three times today.

**Sept 4 – Memory Lane:** Look through old photos that make you smile. Keep one where you'll see it all week.

**Sept 5 – Nature Spotting:** Step outside and notice 5 things in your environment you've never paid attention to before.

**Sept 6 – Kindness Ripple:** Do one unexpected act of kindness.

**Sept 7 – Music Mood Boost:** Listen to a song that made you feel good in the past — and play it loud.

**Sept 8 – Wellness Prompt:** Write down one thing you're avoiding right now — and one small step you can take toward it.

**Sept 9 – Picnic at the Park:** Join us for BBQ, connection, and an afternoon of rest and support with VOC and your fellow veterans. RSVP required: Call Jeff at 585-295-7804.

**Sept 10 – Armed With Creativity V Art Show:** 4:30–6:30 PM at Slate on South, 644 South Avenue, Rochester NY. Celebrate veteran artists and the healing power of art.

**Sept 11 – Moment of Silence and Reflection:** Take one quiet minute to honor those lost and reflect on the impact of this day.

**Sept 12 – Stand Down:** 11 AM–2 PM at City of Rochester Public Market, 280 Union Street N, Rochester NY. Join our annual event for resources, community, and connection.



**Sept 13 – Morning Stretch:** Do a 5-minute full-body stretch before breakfast.

**Sept 14 – Small Victory Journal:** Write down one small win you had today, even if it feels tiny.

**Sept 15 – Screen-Free Hour:** Pick one hour to go without your phone, TV, or computer.

**Sept 16 – Hydration Challenge:** Drink an extra glass of water than you normally do.

**Sept 17 – Grounding Walk:** Take a short walk and focus only on your surroundings (no phone or music).

**Sept 18 – Words That Lift:** Write down a quote or motto that gives you strength — post it where you'll see it.

**Sept 19 – Declutter & Clear Space:** Clear one small space (a drawer, desk, or shelf) and notice how it feels.

**Sept 20 – Positive Self-Talk:** Say one encouraging thing to yourself in the mirror.

**Sept 21 – Mindful Coffee/Tea:** Drink your coffee or tea without multitasking. Just enjoy the taste and moment.

**Sept 22 – Creative Outlet:** Draw, doodle, write, or build something.

**Sept 23 – Pet Time:** Spend 10 extra minutes playing with or sitting with your pet. If not, watch a fun animal video.

**Sept 24 – Veteran Story Share:** Write down or record a short story that reflects your resilience and growth.

**Sept 25 – Breathing Break:** Take three deep belly breaths every time you notice your shoulders are tense.

**Sept 26 – Scent Reset:** Light a candle, brew coffee, or use essential oils — focus on the smell for one minute.

**Sept 27 – Compliment Yourself:** Write down something you like about yourself that isn't about appearance.

**Sept 28 – Sit in Silence:** Spend five minutes in silence, no distractions.

**Sept 29 – Step Count Check:** Track your steps today and see how many you can get without overdoing it.

**Sept 30 – Reflection Day:** Write down three ways you took care of yourself this month and keep the list for motivation.