




OCTOBER 2025

Mental health thrives when we feel connected, understood, and supported. This month's strengths — **Teamwork**, **Social Intelligence**, and **Curiosity** — encourage us to listen deeply, collaborate meaningfully, and stay open to new perspectives. The October calendar offers daily practices to care for your mental well-being while strengthening the relationships that sustain you.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 It's Coffee Day! Share a cup & explore fresh ways to use strengths.	2 Learn how strengths fuel workplace well-being— join our free webinar on 10/9!	3 Study of 3,000 people shows VIA Survey's Impact on Mental Health ❤️	4 Revisit a belief and ask yourself what you'd discover if you saw it differently.
5 Explore how curiosity can open new pathways to meaning in your life.	6 Listen without interrupting to build trust and let others feel heard.	7 Take action to boost teamwork: 3 research-backed ways to improve work performance .	8 Grow your edge with expert guidance and a global workplace community.	9 Write down a favorite team memory to deepen your sense of gratitude.	10 Today is World Mental Health Day — discover data on strengths & wellbeing .	11 Start a conversation by asking an open-ended question to deepen connection.
12 Recognize your own emotions during the day to build self-awareness.	13 Honor Indigenous wisdom : Learn one cultural practice from local Indigenous People.	14 Notice nonverbal cues like facial expressions to better understand emotions.	15 Your pathway to growth starts here: 10+ on-demand VIA courses .	16 Call out someone's strength today to remind them they are valued.	17  TEAMWORK	18 Try a curiosity meditation — see the present as brand new.
19 Shift your view of mental health by exploring character strengths as tools to flourish.	20 Make your gratitude personal by naming a specific action that meant the most.	21 3 ways organizations use strengths to succeed.	22 Pause before reacting in a tense moment to choose empathy over defensiveness.	23 Notice five new details on a walk to re-energize your thinking.	24 Write a mantra using one of your top strengths to boost confidence when you need it.	25  SOCIAL INTELLIGENCE
26  CURIOSITY	27 Not sure which VIA certification fits your goals? Talk with a Strengths Advisor today.	28 Ask someone to share their story to discover hidden wisdom & deepen understanding.	29 Build a daily strengths practice to boost your mental health and happiness.	30 Discover studies linking strengths to thriving teams and organizations.	31 Explore how finding the "just right" use of social intelligence can ease anxiety .	