SACRED WELLNESS INSTITUTE

THE SACRED WELLNESS JOURNAL

OCTOBER 2026 | A MESSAGE FROM COACH CYNTHIA

Rooted in Faith.
Growing with Intention.

Dear Sacred Wellness Family,

A new season invites us to pause and consider what we are nurturing. Where do we need encouragement? What support would help us move forward? What is one faithful step we can take?

Through Sacred Wellness Institute, we are creating space for faith-centered, whole-person wellness through education, community, and leadership development. Our vision is people and communities equipped to flourish in every area of life.

Each month, this journal offers spiritual encouragement, practical learning, and space for honest reflection. There is room to learn, ask for support, and grow at a pace that honors your life.

This October, we will also reflect on civic wellness: how informed participation and care for our neighbors can strengthen our communities.

Let us begin with one question: What needs my attention so I can flourish with greater intention?

With grace and encouragement,
Coach Cynthia Young
Founder
Community Wellness Strategist
Sacred Wellness Institute



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OCTOBER 2026 | FAITH & WHOLE-PERSON WELLNESS

Tend What Has Been Entrusted



Scripture for reflection: John 15:4-5

Jesus uses the image of a vine and its branches to teach about remaining in Him. Fruitfulness begins with connection. Before considering what we can produce, we can consider what is sustaining us.

Whole-person wellness invites us to notice how faith, thoughts, physical needs, relationships, work, and daily circumstances affect one another. A demanding season at work may touch our rest. Financial pressure may weigh on our relationships. Encouragement and practical support can make the next step feel possible.

Faith can anchor us as we name these realities honestly. We can pray for wisdom and also seek a trusted conversation, a useful resource, or help with a barrier. Growth often includes both inward reflection and outward support.

Reflect with honesty

Where am I drawing strength in this season?

Which part of my life needs care rather than more pressure?

What support or resource could help me take a faithful next step?

A prayer for October
Lord, keep me rooted in You. Help me notice what needs care, receive support with grace, and take the next step with wisdom. Let my growth become a blessing to others. In Jesus' name, amen.

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OCTOBER 2026 | THIS MONTH'S PRACTICE

One Area. One Support. One Step.

Choose one area of life to nurture this month. Keep your action small enough to practice within your current responsibilities and resources.



1. NOTICE

Name the area that needs attention: spiritual life, emotional wellbeing, physical care, relationships, work, learning, or community connection.

2. NAME A SUPPORT

Identify a person, resource, or practical change that could help. This might be a trusted friend, quiet time, a career resource, or assistance with a daily barrier.

3. TAKE ONE STEP

Choose an action you can take this week. Make it specific: whom will you contact, what will you do, and when will you do it?

My October intention

The area I want to nurture:

The support I can seek:

My next step and when I will take it:

At the end of the week, ask: What helped? What got in the way? What can I adjust with kindness and honesty?

Growing Together through SWI

To encourage faith-centered, whole-person wellness through education, community, and leadership development. Our learning space connects faith with practical resources for everyday life.



Career wellness | A question worth asking

What helps you move toward meaningful, sustainable work? Consider your strengths, current responsibilities, barriers, and available supports. Begin by writing one question you want to explore about your career.

Community care begins with connection

This month, check in with one person. Ask what would be helpful, listen without rushing to solve everything, and offer support that fits your capacity. Receiving care is part of community wellness, too.

Stay connected through the journal for future learning opportunities and community updates.

Our vision

People and communities equipped to flourish in every area of life.

Your Voice. Our Community.

Civic participation as spiritual stewardship



Community wellness includes how we learn about public decisions, listen to our neighbors, and participate in civic life. Voting is one practical way to bring care for our communities into action.

This election season, take time to learn about the offices and questions on your ballot. Consider how public decisions touch the everyday wellbeing of families and communities. Seek reliable information, make room for respectful conversation, and prepare to cast an informed vote.

Louisiana | Dates to remember

Register in person or by mail: Deadline Monday, October 5, 2026.

Register online through GeauxVote: Deadline Tuesday, October 13, 2026.

Early voting: October 20-27, excluding Sunday, October 25; 8:30 a.m.-6 p.m.

Election Day: Tuesday, November 3, 2026.

Make your voting plan

Check your registration, review your sample ballot, and confirm your voting location at voterportal.sos.la.gov. Choose when you will vote and plan around work, transportation, and caregiving responsibilities.

Reflection: How can I participate with knowledge, compassion, truth, and respect for my neighbors?

Source: Louisiana Secretary of State. Dates verified October 2, 2026. Election dates and registration deadlines. Confirm current details before voting.

Sacred Civic Action encourages informed participation and community care. This page does not endorse a candidate or political party.