

October, one small thing at a time

Fuller notes and useful links · 1-4 OCTOBER

Pick one. Skip a day. Begin again.

These are invitations, not a list to complete. Quietly reading counts.

The links offer a little more context; each dated marker has an original source.

MEET JEAN ↗

ONE CLEAR NEXT STEP ↗

01 Older people's day: ask whose voice is missing.

International Day of Older Persons. Listen to an older person's own priorities. What would make their day, care or community more liveable?

MORE INFORMATION: [UN](#) ↗

02 Name one value. Choose a step your body can afford.

Write down one thing worth protecting, then choose a step that fits the energy you actually have. A question or a pause can be a step.

MORE INFORMATION: [Start Here](#) ↗

03 Notice one patch of wildness, wherever you are.

The sky from a window, a weed in a pavement crack, birds in a hedge: nature connection need not demand an outing. NatureScot has more autumn ideas.

MORE INFORMATION: [NatureScot autumn](#) ↗

04 Find one sourced story of repair or belonging.

Good News and Queer Good News can carry this prompt. Find the primary source, name who did the work, and say what actually changed.

MORE INFORMATION: [Journal](#) ↗

How to use the links

Read the source when a date or claim matters to you. Current news still needs checking on the day.

Many links lead to further ideas; none are required before trying a small prompt.

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05 Make one task smaller. Which part can wait?

Try the tiny version. Shorten, share, delay or drop an element before today's energy is spent.

MORE INFORMATION: [Journal](#) ↗

06 Black History Month: learn from a Black-led voice.

Follow or read a Black-led UK organisation, writer or community project. Let people speak for themselves; credit their work and check the context before sharing.

MORE INFORMATION: [BHM UK](#) ↗

07 Send one low-pressure hello, if connection helps.

A short message can say 'thinking of you; no reply needed'. It is also fine to receive care rather than initiate it.

MORE INFORMATION: [Action for Happiness](#) ↗

08 Remove one avoidable source of noise or friction.

This might mean turning off an alert, asking for written information, or finding a quieter route. Inclusive communication is a practical design choice.

MORE INFORMATION: [Inclusive communication](#) ↗

09 Choose a small pleasure with no useful purpose.

Enjoy a song, a mug of tea, a colour, or a moment of play. If you want a free doorway into beauty, explore Scotland's online art collection.

MORE INFORMATION: [Scottish art online](#) ↗

10 Mental health day: ask what support would help.

World Mental Health Day. Make room for lived experience and practical conditions: access, rest, safety, care and timely support. Do not ask anyone to disclose their story.

MORE INFORMATION: [WHO](#) ↗

11 Celebrate a queer joy or gain, with its source.

A Queer Good News seed: find a specific creative, community or rights story, and credit the people behind it. Nobody owes a public coming-out story.

MORE INFORMATION: [LGBT Youth Scotland news](#) ↗

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12 Write one clear next step in a single sentence.

Try WildlyHappyLife's free five-to-ten-minute reflection. A word or a scribble counts; there is no sign-up.

MORE INFORMATION: [One Clear Next Step](#) ↗

13 Let one autumn detail catch your eye.

What has changed around you: light, leaf, seed, weather? An indoor view or remembered place is enough. NatureScot offers ways to notice and care for autumn wildlife.

MORE INFORMATION: [NatureScot autumn](#) ↗

14 Ask for information in writing, if it helps.

Belonging can look like clear notes, extra processing time or a quieter way to take part. The Scottish toolkit gives organisations practical ways to offer this.

MORE INFORMATION: [Inclusive communication](#) ↗

15 Pause before a yes. Give yourself time to decide.

Try 'I need to check my capacity first.' A boundary can protect a meaningful yes later.

MORE INFORMATION: [Journal](#) ↗

16 Return to a song, story or place that steadies you.

Choose something genuinely nourishing, even for a minute. You need not turn it into a lesson. Scottish Book Trust offers gentle ideas if reading is your doorway.

MORE INFORMATION: [Scottish Book Trust](#) ↗

17 Rest before depletion, where you can.

Consider the recovery cost of today's plans. Make room for a stop point that suits your body and circumstances.

MORE INFORMATION: [Steady Ground](#) ↗

18 Menopause day: listen to lived experience.

World Menopause Day 2026 centres chronic pain in midlife. Ask what understanding and access would help; avoid treating one person's experience as universal.

MORE INFORMATION: [IMS](#) ↗

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Fuller notes and useful links · 19-25 OCTOBER

19 What can be shared, shortened or put down?

Pick one demand and redesign it for your real energy. Support from another person is an option, not a failure.

MORE INFORMATION: [Journal](#) ↗

20 Ask: what would make this easier for you?

Listen to the answer without assuming the same solution fits everyone. The Scottish inclusive communication toolkit offers examples of practical changes.

MORE INFORMATION: [Inclusive communication](#) ↗

21 Notice a living thing without needing to go out.

Look through a window, care for a houseplant, listen for a bird or recall a familiar tree. No outing required; RSPB includes window watching.

MORE INFORMATION: [RSPB nature at home](#) ↗

22 Offer one quieter way to take part.

A written option, captions, a pause, or permission to step away can make a space more welcoming. Access needs vary: ask rather than assume.

MORE INFORMATION: [Inclusive communication](#) ↗

23 Find one verified act of repair. Keep its source.

For Good News, look for a concrete result and an original source. The Commons Library guide explains how to check a claim before sharing it.

MORE INFORMATION: [How to check facts](#) ↗

24 Do something lovely just because it is lovely.

Beauty and pleasure are part of a liveable life. Keep the invitation light; it can be tiny, free and indoors. Browse art if you want a starting point.

MORE INFORMATION: [National Galleries](#) ↗

25 Clocks go back. Check one routine that matters.

UK clocks go back today. If time changes affect medicines, care, pets, sleep or light, make one small practical check.

MORE INFORMATION: [UK clocks](#) ↗

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Fuller notes and useful links · 26-31 OCTOBER

26 Choose one small act for people or the planet.

Let values and capacity meet. It might be sharing a credible source, thanking a volunteer, or making a local request. NatureScot offers autumn-sized options.

MORE INFORMATION: [NatureScot autumn](#) ↗

27 Keep one essential in reach: warmth, food or quiet.

Steady Ground begins with real household needs and resources. Pick a tiny action, or ask for help. Ready Scotland has a practical at-home guide.

MORE INFORMATION: [Ready Scotland](#) ↗

28 Thank someone whose care usually goes unseen.

Name a specific act of care without turning a person into a hero story. A private thanks can be enough; Volunteer Scotland has a space for thanks.

MORE INFORMATION: [Volunteer Scotland](#) ↗

29 Spot a community effort with a clear result.

Look for who organised it, what changed and how it is known. Development Trusts Association Scotland publishes examples of community-led work.

MORE INFORMATION: [Community-led stories](#) ↗

30 What helped this month? Keep one small thing.

No scorecard. Notice one boundary, pleasure, person or practical structure worth carrying into November.

MORE INFORMATION: [Start Here](#) ↗

31 Mark the season. Carry one good thing forward.

At Samhain or simply at month's end, remember someone or something that nourished you. Choose one quiet thing to take into winter. National Records of Scotland explores the season's history.

MORE INFORMATION: [Scottish Samhain history](#) ↗

If winter disruption affects your household

The free Priority Services Register may provide extra support during supply interruptions.

PRIORITY SERVICES REGISTER SCOTLAND ↗