

OCTOBER 2025

CONTENT IDEAS FOR SOCIAL MEDIA & EMAIL



A season of
Pumpkins and Possibility

5
WORLD
TEACHER'S DAY



OCTOBER 3 – WORLD SMILE DAY

Spread positivity by sharing uplifting quotes or just a simple reminder to smile. Highlight acts of kindness and encourage your audience to smile today. #WorldSmileDay #SpreadSmiles



OCTOBER 10 – WORLD MENTAL HEALTH DAY

Encourage your followers to practice balance and self-care to support their mental well-being. Inspire them to pause, rest, and recharge. #WorldMentalHealthDay #SelfCare #Wellness



OCTOBER 31 -HALLOWEEN

Celebrate the spooky season with festive posts. Share costumes, or themed décor — wish your audience a fun and safe Happy Halloween! #HappyHalloween #TrickOrTreat



BREAST CANCER AWARENESS MONTH

This month, we wear pink to honor survivors, remember those we've lost, and spread the word about early detection. #BreastCancerAwareness #ThinkPink #Pinktober #EarlyDetectionSavesLives

EARLY
DETECTION
SAVES LIVES

OTHER OBSERVANCES

October 11	International Day of the Girl Child
October 13	Indigenous Peoples' Day
October 16	Boss's Day
October 24	United Nations Day
October 26	National Pumpkin Day

Adopt a Shelter Dog Month
Women's Small Business Month
Cybersecurity Awareness Month

CELEBRATIONS

Diwali (October 20th)