



# SELF-CARE SEPTEMBER 2021

## CALENDAR FOR PARENTS

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**1**  
Close your eyes and just breathe for 2 minutes

**2**  
Write down something that you have done lately that you are proud of

**3**  
Download a mindfulness or relaxation app and give it a try

**4**  
Have a cup of tea or coffee outside and just listen to the sounds

**5**  
Unplug or have a social media-free day

**6**  
Reach out to an old friend

**7**  
Write down 5 things you are grateful for

**8**  
Remember that it's okay to not be okay

**9**  
Call a favorite family member

**10**  
Make an upbeat or inspiring playlist

**11**  
Do a small act of kindness for someone else

**12**  
Sleep in

**13**  
Try something new - a new food, a new hobby, a new coffee shop, etc.

**14**  
Create an opportunity to laugh today

**15**  
Send someone a quick note of gratitude

**16**  
Forgive yourself for a mistake you made

**17**  
Take 3 minutes and just center on your breathing

**18**  
Eat a healthy snack or lunch

**19**  
Snuggle with someone you love

**20**  
Notice what you are feeling today without judgement

**21**  
Find a motivational TED Talk, video or quote

**22**  
Take a walk

**23**  
Write down 5 things that make you smile

**24**  
Fix something that's bothering you

**25**  
Watch your favorite movie or tv show

**26**  
Take an extra-long shower or bath

**27**  
Cook your favorite meal

**28**  
Go to bed early

**29**  
Turn up the music and dance!

**30**  
Ask for help if you need it



Self-care is giving the world the best of you, instead of what's left of you - Katie Reed