



SELF-CARE SEPTEMBER 2021

CALENDAR FOR ADULTS

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