



SELF-CARE SEPTEMBER 2022

CALENDAR FOR ADULTS

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4
Unplug or have a social-media free day

5
Download a mindfulness or relaxation app and give it a try

6
Write down 5 things that you are grateful for

7
Call or video chat with a favorite family member

8
Make an upbeat or inspiring playlist

9
Find a motivational YouTube video or quote

10
Try something new- a new food, a new hobby, a new coffee shop, etc.

11
Sleep in today

12
Create an opportunity to laugh today

13
Send someone a quick note of gratitude

14
Forgive yourself for a mistake you made

15
Take 3 minutes and just center on your breathing

16
Eat a healthy snack or lunch

17
Snuggle with someone you love

18
Notice what you are feeling today without judgement

19
Share something you are thinking about with a friend or family member

20
Talk a walk

21
Write down 5 things that make you smile

22
Take an extra-long bath or shower

23
Watch your favorite movie or tv show

24
Fix something that is bothering you

25
Cook your favorite meal

26
Do a small act of kindness for someone else

27
Have a cup of tea or coffee outside and just listen to the sounds

28
Go to bed early tonight

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