



# SELF-CARE SEPTEMBER 2023

## CALENDAR FOR ADULTS

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Empty box for Sunday activities.

Empty box for Monday activities.

Empty box for Tuesday activities.

Empty box for Wednesday activities.

Empty box for Thursday activities.

1  
Close your eyes and just breathe for 2 minutes

2  
Reach out to an old friend

3  
Unplug or have a social-media free day

4  
Download a mindfulness or relaxation app and give it a try

5  
Write down 5 things that you are grateful for

6  
Call or video chat with a favorite family member

7  
Make an upbeat or inspiring playlist

8  
Find a motivational YouTube video or quote

9  
Try something new- a new food, a new hobby, a new coffee shop, etc.

10  
Sleep in today

11  
Create an opportunity to laugh today

12  
Send someone a quick note of gratitude

13  
Write down something you have done lately that you are proud of

14  
Take 3 minutes and just center on your breathing

15  
Eat a healthy snack or lunch

16  
Snuggle with someone you love

17  
Notice what you are feeling today without judgement

18  
Share something you are thinking about with a friend or family member

19  
Talk a walk

20  
Write down 5 things that make you smile

21  
Take an extra-long bath or shower

22  
Watch your favorite movie or tv show

23  
Fix something that is bothering you

24  
Cook your favorite meal

25  
Do a small act of kindness for someone else

26  
Have a cup of tea or coffee outside and just listen to the sounds

27  
Go to bed early tonight

28  
Turn up the music and dance!

29  
Forgive yourself for a mistake you made

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