



SELF-CARE SEPTEMBER 2024

CALENDAR FOR ADULTS

SUNDAY

1
Unplug or have a social-media free day.

8
Sleep in today.

15
Notice what you are feeling today without judgement.

22
Go to the BStrong Together Wellness Walk at 12pn in Citizens Park.

29
Forgive yourself for a mistake you made.

MONDAY

2
Download a mindfulness or relaxation app and give it a try.

9
Create an opportunity to laugh today.

16
Share something you are thinking about with a friend or family member.

23
Do a small act of kindness for someone else.

30
Ask for help if you need it.

TUESDAY

3
Write down 5 things that you are grateful for.

10
Send someone a quick note of gratitude.

17
Talk a walk.

24
Have a cup of tea or coffee outside and just listen to the sounds.

WEDNESDAY

4
Call or video chat with a favorite family member.

11
Write down something you have done that you are proud of.

18
Write down 5 things that make you smile.

25
Go to bed early tonight.

THURSDAY

5
Make an upbeat or inspiring playlist.

12
Take 3 minutes and just center on your breathing.

19
Take an extra-long bath or shower.

26
Turn up the music and dance!

FRIDAY

6
Find a motivational YouTube video or quote.

13
Eat a healthy snack or lunch.

20
Watch your favorite movie or tv show.

27
Close your eyes and just breathe for 2 minutes.

SATURDAY

7
Try something new- a new food, a new hobby, a new coffee shop, etc.

14
Snuggle with someone you love.

21
Fix something that is bothering you.

28
Reach out to an old friend.

SELF-CARE IS GIVING THE WORLD THE BEST OF YOU INSTEAD OF WHAT'S LEFT OF YOU - KATIE REED