



SELF-CARE SEPTEMBER 2026

CALENDAR FOR ADULTS

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Write down 5 things that you are grateful for.

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

3
Make an upbeat or inspiring playlist.

4
Find a motivational YouTube video or quote.

5
Try something new- a new food, a new hobby, a new coffee shop, etc.

6
Sleep in today.

7
Create an opportunity to laugh today.

8
Send someone a quick note of gratitude.

9
Write down something you have done that you are proud of.

10
Take 3 minutes and just center on your breathing.

11
Eat a healthy snack or lunch.

12
Snuggle with someone you love.

13
Unplug or have a social-media free day.

14
Share something you are thinking about with a friend or family member.

15
Talk a walk.

16
Write down 5 things that make you smile.

17
Take an extra-long bath or shower.

18
Watch your favorite movie or tv show.

19
Fix something that is bothering you.

20
Go to the BStrong Together Wellness Walk at 12pm in Citizens Park.

21
Do a small act of kindness for someone else.

22
Have a cup of tea or coffee outside and just listen to the sounds.

23
Go to bed early tonight.

24
Turn up the music and dance!

25
Close your eyes and just breathe for 2 minutes.

26
Reach out to an old friend.

27
Call or video chat with a favorite family member.

28
Forgive yourself for a mistake you made.

29
Notice what you are feeling today without judgement.

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