

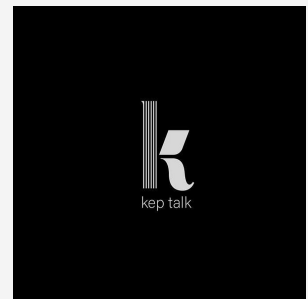
SELF CARE

1st Edition

NOTES:

This calendar is meant to help you begin self-care. If you're new to it, try doing one small thing for yourself each day. Aim to finish each daily task, and cherish that little bit of time you dedicate to yourself!

Adjust the days to fit your schedule better. The activities are designed to be simple and quick, but feel free to spend more time on each self-care activity if you like. Make the calendar yours!



SUN	MON	TUE	WED	THU	FRI	SAT
Take 5 of the deepest breaths you've taken all day.	Make or buy your favorite drink. Sip it slowly.	Go to bed earlier than usual.	Listen to a 5-10 minute guided meditation.	Take an extra long shower.	Call someone you love and have a quick chat.	Read something enjoyable for just 15 minutes.
Journal for 10 minutes. Try a prompt or write what's on your mind.	Stretch for 10 minutes. Follow a video if you need to.	Express your feelings in a healthy way.	Take a phone break for 1 hour.	Watch your favorite TV show or movie.	Set aside time for thought and reflection.	Take a day for yourself! Or even just a few hours, or an hour. Spend time doing things that bring you joy.
Write a letter to your future self to open in 6 months.	Listen to your favorite song.	Take a nap or close your eyes for at least 15 minutes.	Move your body in a way that feels good. Dance, walk, etc.	Send a text expressing gratitude to someone.	Be intentional about moving at a slower pace all day.	Find reasons to laugh.
Tackle something you've been wanting or meaning to do.	Lay flat and relax your muscles from head to toe.	Treat yourself to a relaxing evening to unwind and recharge.	Look back at old photos on your phone and reflect on your growth.	Make or buy a snack or meal you absolutely love.	Take a 10 minute walk no matter the weather.	Make your preventative medical appointments.
Learn something new, unrelated to work or school.	Recognize your strengths and accomplishments.	Wear clothes that make you feel confident and comfortable.				You should be very proud of yourself. Congratulations!