

# SELF-CARE CALENDAR

1

## REFLECT

Take a few moments to look back on your year and feel proud of all you accomplished.

2

## HYDRATE

No worries about restroom breaks, so drink up.

3

## EAT WELL

Time to slow down and enjoy your lunch with great choices to fuel your body.

4

## NURTURE BODY

Use this break to take care of routine check-ups and much needed body care.

5

## GET OUTSIDE

Enjoy your favorite outdoor space. No more classroom walls!

6

## PLAN TO RELAX

Even though you'll be busy, plan down time to relax and breathe.

7

## GET SOCIAL

Spend time with the people in your life who mean the most. Give them your full attention.

8

## DO WHAT YOU LOVE

Find those activities that bring you joy and do them.

9

## SHOW GRATITUDE

Now is a great time to start a gratitude journal or jot down what you are grateful for.

10

## SCHEDULE A SPA DAY

Splurge on your favorite body treatment like a manicure, pedicure, massage or facial.

11

## WRITE A THANK YOU

Write a letter or note thanking someone or to show your appreciation.

12

## FORGIVE

Let go of your past mistakes, wrongs done to you, and look to the future.

13

## PURGE

Find one area of your personal space that needs attention and get rid of things you are not using.

14

## BE POSITIVE

Practice affirmations each day that lead to positive thinking.

15

## TRY SOMETHING NEW

Get out of your comfort zone. It will energize you.

16

## GET MOVING

Now is a perfect time to move your body in a purposeful way.

17

## LISTEN UP

Find a new podcast or listen to an audiobook.

18

## REST YOUR BODY

Get an extra hour of sleep or sleep in. You deserve it.

19

## WRITE A LETTER

Express your love to someone special or write a love letter to yourself.

20

## CHOOSE HAPPINESS

Find things that make you happy and enjoy them.

21

## TAKE A TRIP

A change of scenery can do wonders. Pick a place near or far and get away.

22

## GET YOUR JAM ON

Make a playlist of your favorite songs for different activities in the day.

23

## HELP OUT

Find someone in need and help out. Even the smallest gesture is appreciated.

24

## MAKE THAT CALL

Pick up the phone and call someone instead of texting.

25

## ELIMINATE A STRESS

Evaluate your stressors. Choose one you can eliminate.

26

## JUST SAY NO

Prioritize your obligations and learn to say no to some things.

27

## CREATE A SPACE

Design a space just for you where you can go to relax and unwind.

28

## ENJOY NATURE

Make time to enjoy a sunrise or sunset.

29

## MAKEOVER TIME

Choose an area of your life that needs a makeover and get it done.

30

## RECOGNIZE GIFTS

Think about the gifts you possess and find a way to share with others.

