





Happy
holidays

DECEMBER

Self-Care Calendar

	MON	TUE	WED	THU	FRI
WEEK 1: SELF-TALK	SCAN TO VISIT OUR WEBSITE FOR MORE RESOURCES 		1 SAY THREE THINGS THAT YOU VALUE ABOUT YOURSELF	2 ENCOURAGE YOURSELF LIKE YOU WOULD A FRIEND	3 FORGIVE YOURSELF FOR WHAT YOU COULDN'T GET DONE TODAY
WEEK 2: MENTAL SELF-CARE	6 READ A BOOK OR ARTICLE ON A TOPIC THAT INTERESTS YOU	7 WORK ON A PUZZLE WITH A FRIEND	8 CHANGE YOUR "I CAN'TS" TO "I CAN'T YET"	9 TAKE TIME TO DRAW OR PAINT	10 COLOR AND EAT YOUR FAVORITE SNACK
WEEK 3: COMMUNITY CARE	13 DONATE OLD TOYS	14 DONATE TO A LOCAL FOOD KITCHEN	15 DONATE A CARE PACKAGE	16 DONATE SOME TIME TODAY AND VOLUNTEER	17 DONATE TO A LOCAL ANIMAL SHELTER
WEEK 4: SELF- SOOTHING	20 MAKE YOUR FAVORITE HOT CHOCOLATE	21 BAKE YOUR FAVORITE DESSERT	22 MAKE A HOLIDAY PLAYLIST	23 MAKE YOUR FAVORITE MEAL	24 WATCH YOUR FAVORITE MOVIE
WEEK 5: CLEAN SPACE SELF-CARE	27 LIGHT A CANDLE OR TURN ON A DIFFUSER	28 SET A 20 MINUTE TIMER AND SEE HOW MANY ITEMS YOU CAN PUT AWAY	29 TURN ON CALMING MUSIC AND TAKE A MINUTE TO YOURSELF	30 CLEAN OUT AND ORGANIZE ONE DRAWER	31 MAKE TIME TO GIVE AWAY ITEMS YOU NO LONGER NEED