



FEBRUARY

Self-Care
Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

**WEEK ONE:
ACTS OF
KINDNESS**



**SCAN TO VISIT
OUR WEBSITE FOR
MORE RESOURCES**



1

Write
someone a
thank you
note

2

Give someone
new a
compliment

3

Help out with
dinner or a new
chore

**WEEK TWO:
SELF-LOVE**

6

Make a list of
things you love
about yourself

7

Celebrate your
wins this week,
big and small

8

Leave a
positive note
on the mirror

9

Treat yourself
to your favorite
activity

10

Surprise
yourself and
learn a new skill

**WEEK THREE:
CONNECTION
CARE**

13

Call a loved one
you have not
talked to

14

Create a goodie
basket to share
with someone

15

Bake something
with friends to
share

16

Be kind and
write a letter to
someone in your
life

17

Look for a free or
low cost event to
go to with
someone you love

**WEEK FOUR:
PHYSICAL
CARE**

20

Try to eat a fruit
or vegetable with
every meal this
week

21

Power down
electronics early
to get 8 hours of
rest

22

Exercise for at
least 30 minutes
today

23

Stretch in the
morning and
when you need a
break

24

Catch up with a
friend and go
for a walk

**WEEK FIVE:
MINDFULNESS**

27

Pause and take
5 deep breaths

28

Remember to
take a break and
listen to your
favorite song

