



JANUARY

Self-Care Calendar

	MON	TUE	WED	THU	FRI
WEEK ONE: SELF-GROWTH	3 Set new goals for the week	4 Make a list of values	5 Set healthy boundaries	6 Be extra giving to yourself	7 Set reasonable expectations
WEEK TWO: MINDFULNESS	10 Sit and breathe for 5 minutes	11 Take a 20 minute nap	12 Color or paint for 30 minutes	13 Go on a walk and notice things with all 5 senses	14 Take a break and recharge
WEEK THREE: INTELLECTUAL GROWTH	17 Read a book that interests you	18 Watch a video about a topic you want to learn more about	19 Ask someone to teach you how to do something	20 Work on a puzzle	21 Play a word game with a friend
WEEK FOUR: HEALTHY RELATIONSHIPS	24 Express gratitude to a loved one	25 Be present with others- put distractions away	26 Do a task that will help a family member	27 Communicate using "I-statements"	28 Ask someone you care about how their day was
WEEK FIVE: REFLECT	31 Celebrate how you have grown this month			SCAN TO VISIT OUR WEBSITE FOR MORE RESOURCES 	