



OCTOBER

Self-Care Calendar

MON

TUE

WED

THU

FRI

WEEK ONE:
RESTFUL
CARE

2 OCTOBER BREAK
THROUGH FRIDAY

TAKE TIME
TO REST
TODAY

3

STRETCH
AND ENJOY
A NAP

4

HANGOUT AT
THE PARK
WITH
FRIENDS

5

ENJOY TIME
WITH A
FRIEND
TODAY

6

HAVE A
DANCE
PARTY

WEEK TWO:
POSTIVE
AFFIRMATION

9

SCHOOL
RESUMES

WRITE A
POSITIVE
MESSAGE FOR
YOURSELF

10

REMINDE
YOURSELF
THAT YOU
GOT THIS

11

CHECK IN
WITH
YOURSELF
TODAY

12

SHARE YOUR
FAVORITE
THING WITH A
FRIEND

13

JOURNAL
POSTIVE
EMOTIONS
FROM THIS
WEEK

WEEK THREE:
FRESH START
CARE

16

SET A NEW
INTENTION
FOR THIS
WEEK

17

SAY "YES"
TO
YOURSELF
MORE

18

TAKE A
SOCIAL
MEDIA
BREAK

19

EXPLORE
SOMETHING
NEW TODAY

20

PRACTICE
POSITIVE
SELF-TALK

WEEK FOUR:
ACTS OF
KINDNESS

23

CALL A
FRIEND AND
CHECK IN

24

GIVE
SOMEONE A
COMPLIMENT

25

HELP A
FRIEND IN
NEED TODAY

26

GIVE
SOMETHING
WITH NO
STRINGS
ATTACHED

27

PAINT A
KINDNESS
ROCK

WEEK FIVE:
CONSIDER
CARE

30

WRITE A
NEW GOAL
FOR NEXT
MONTH

31

ENJOY A
SPOOKY
MOVIE WITH
A FRIEND

DON'T BE A
boo-ly
BE A FRIEND

SCAN TO VISIT
OUR WEBSITE FOR
MORE RESOURCES

