



OCTOBER

Self-Care Calendar

MON

TUE

WED

THU

FRI



SCAN TO VISIT
OUR WEBSITE
FOR MORE
RESOURCES



**WEEK ONE:
PHYSICAL
SELF-CARE**

3

TAKE TIME TO
ENJOY YOUR
FAVORITE
BREAKFAST

4

WALK
OUTSIDE AND
ENJOY THE
CRISP AIR

5

STRETCH AND
ENJOY A NAP

6

WATCH YOUR
FAVORITE
SHOW

7

ENJOY YOUR
FAVORITE
COMFORT
FOOD

**WEEK TWO:
MINDFULNESS
SELF-CARE**

10

SET THREE
GOALS FOR
THIS WEEK

11

PRACTICE
SELF-
COMPASSION

12

EXPLORE
SOMETHING
NEW TODAY

13

WALK IN THE
GRASS
BAREFOOT

14

SIT IN A
CALM SPACE
FOR THREE TO
FIVE MINUTES

**WEEK THREE:
MOTIVATIONS
THROUGH
AFFIRMATIONS**

17

LEAVE
POSITIVE
MESSAGES
FOR
YOURSELF

18

WAKE UP AND
TELL YOURSELF
YOU ARE
ENOUGH

19

CHECK IN
WITH YOUR
EMOTIONS

20

REMIND
YOURSELF
THAT YOU
GOT THIS

21

SHARE YOUR
FAVORITE
THING ABOUT
YOURSELF

**WEEK FOUR:
ACTS OF
KINDNESS**

24

GIVE SOMEONE
A COMPLIMENT

25

CHECK ON
SOMEONE
YOU LOVE

26

TRY TO HELP
SOMEONE
NEW TODAY

27

GIVE YOUR ALL
WITHOUT
EXPECTING
ANYTHING IN
RETURN

28

PAINT A
KINDNESS
ROCK

GIVE SOMEONE
A TREAT

31