

OCTOBER Self-Care Calendar

	MON	TUE	WED	THU	FRI
					1
Week One: Relaxation	4 Take a break and feel the grass in between your toes	5 Using your sight what can you see in this moment	6 Take a few minutes to write a few thoughts down	7 Listen to a calming sound to start or end your day with	8 Deep Breathe in, Deep Breathe Out
Week Two: Find your Purpose	11 Find a place to be still and think about you	12 Write out a list of things you love to do.	13 Journal about a challenge you faced & overcame	14 Think of one thing you want to experience in your life.	15 Make a list of your personal strengths.
Week Three: Connection	16 Call a friend or family member	17 Have a meal with someone you love.	18 Set a time limit for social media.	19 Ask for help when you need it.	20 Make a playlist with a friend.
Week Four: Self-Esteem	23 Set a goal for one positive thing you will tell yourself over the next week	24 Wake up and give yourself a compliment	25 Write down three positive things about yourself	26 Get dressed up for no reason because you are worth it	27 Share two ways in which you are a role model
Week Five: Mindfulness	30 Explore something new today	31 Meditate for three to five minutes		Scan to visit our website for more resources 	



*Breathe in,
breathe out.*