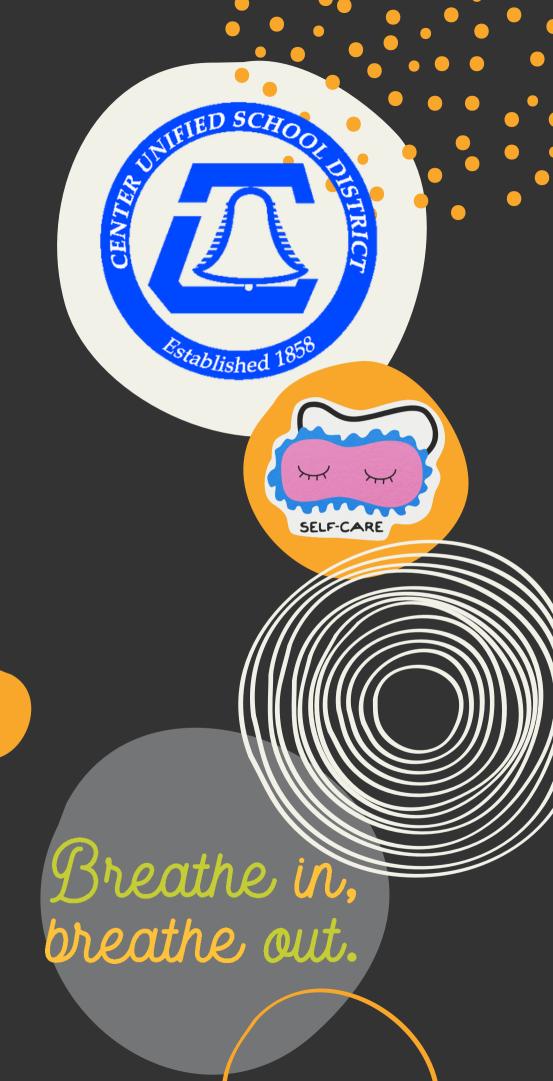
OCTOBER Self-Care Calendar

	MON	TUE	WED	THU	FRI
OCTOBER IS INTERNATIONAL WALK TO SCHOOL MONTH	DOMESTIC VIOLENCE AWARENESS MONTH	NATIONAL BULLYING PREVENTION MONTH	EAT BETTER, EAT TOGETHER MONTH		1
Week One: Relaxation	4 Take a break and feel the grass in between your toes	Using your sight what can you see in this moment	Take a few minutes to write a few thoughts down	7 Listen to a calming sound to start or end your day with	Deep Breathe in, Deep Breathe Out
Week Two: Find your Purpose	11 Find a place to be still and think about you	Write out a list of things you love to do.	Journal about a challenge you faced & overcame	Think of one thing you want to experience in your life.	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.	Set a time limit for social media.	Ask for help 19 when you need it.	Make a 20 playlist with a friend.
Week Four: Self-Esteem	Set a goal for one positive thing you will tell yourself over the next week	24 Wake up and give yourself a compliment	Wille down lines	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	Explore 30 something new today	31 Meditate for three to five minutes		Scan to visit our website for more resources	



CJUSD Student and Family Support Services