



September

Self-Care Calendar

Monday Tuesday Wednesday Thursday Friday

	<p>SCAN TO VISIT OUR WEBSITE FOR MORE RESOURCES</p> 		<p>1 Reach out to someone you haven't talked to in awhile</p>	<p>2 Make your favorite meal with a friend</p>
<p>5 Spend some extra time in bed this morning</p>	<p>6 Go beyond your daily step goal today</p>	<p>7 Walk or bike somewhere that you need to go today</p>	<p>8 Wake up early and move your body</p>	<p>9 Spend 15 minutes stretching</p>
<p>12 Send a positive message to a friend who needs encouragement</p>	<p>13 Share a happy memory with someone important to you</p>	<p>14 Make a plan to spend time with a friend</p>	<p>15 Give someone a compliment</p>	<p>16 Say something positive in your conversations</p>
<p>19 Set a time limit for screen time</p>	<p>20 Name 3 things you love about yourself before starting your day</p>	<p>21 Take a break and listen to your favorite song</p>	<p>22 Find something that makes you laugh</p>	<p>23 Watch your favorite movie with someone new</p>
<p>26 Close your eyes and follow along with a 5 min. meditation video</p>	<p>27 Go for a walk and enjoy the fresh air</p>	<p>28 Wind down your day, light your favorite candle get cozy and relax</p>	<p>29 Before going to bed name 3 things you are grateful for</p>	<p>30 Reflect on one new thing you learned this month</p>