

Self-Care October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1 List three things you're grateful for	2 Call a friend out of the blue
3 Focus on your breathing	4 Go for a leisurely walk	5 Re-arrange your bedroom	6 Cook something brand new	7 Re-watch a favourite movie	8 Do a collage	9 Have a dance party at home
10 Pick up an old hobby	11 Write someone a letter	12 Turn off social media	13 Do something you loved as a kid	14 Buy yourself flowers	15 Practice meditation	16 Make a home-made face mask
17 Try painting or drawing	18 Run a bath or foot spa	19 Do a virtual lunch date	20 Try a cold shower!	21 Start a journal	22 Do online yoga	23 Start a jigsaw
24 Stretch for 10 minutes	25 Practice positive self-talk	26 Turn the news off for the day	27 Look at the clouds or stars	28 Download an audiobook	29 Watch the sunrise or set	30 Deliver food to a friend
31 REST!	1	2	3	4	5	6

Self-Care Calendar for Mental Health Month