

SEPTEMBER 2024

SELF-CARE SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1 Remember that self-care isn't selfish, it's essential	2 Plan a fun or relaxing activity this weekend	3 Focus on the basics: eat well, exercise, and go to bed on time	4 Remember it's okay to not be okay. We all have difficult days	5 Notice the things you do well today, however small	6 Be willing to share how you feel and ask for help when needed	7 Give yourself permission to say no
8 Aim to be good enough rather than perfect	9 Let go of being busy. Allow yourself to take breaks	10 Make time to do something you really enjoy	11 Talk kindly to yourself	12 Find a mantra to say to yourself when feeling down	13 Notice how you're feeling today without any judgment	14 Leave positive messages for yourself to see regularly
15 Don't compare yourself to others	16 Get active outside and give your mind and body a natural boost	17 No plans day-make time to slow down and relax	18 Remind yourself that you are loved	19 Look at photos from a time with happy memories	20 Let go of other people's expectations of you	21 Ask a trusted friend to tell you what they like about you
22 Release yourself from self-criticism	23 Find a new way to use one of your strengths today	24 Take your time. Allow yourself to breathe and be still	25 Accept your mistakes as a way of helping you make progress	26 Write down 3 things you appreciate about yourself	27 Treat yourself	28 Remember that you are enough, just as you are
29 Avoid saying "I should"	30 Forgive yourself when things go wrong. We all make mistakes	Congratulations!  You did it!				

