





























# September 2020 is Self-Care Awareness Month

| SOOTHING SUNDAY  | MEDITATION MONDAY   | SELF-TALK TUESDAY  | WRITING WEDNESDAY  | THROWBACK THURSDAY   | FUN FRIDAY  | DIY SATURDAY  |
|--|---|--|--|--|---|---|
|  |   | 1 <br>Say 3 things about yourself that you value                            | 2 <br><u>Fostering Optimism Writing Prompt</u>                      | 3 <br>Watch an old movie or TV show                   | 4 <br>Netflix night                            | 5 <br><u>Self-Care Kit</u>       |
| 6 <br>Take a slow walk outside                              | 7 <br><u>Body scan meditation</u>                        | 8 <br><u>The Maui Habit by BJ Fogg</u>                                      | 9 <br><u>Self-Compassion Writing</u>                                | 10 <br>Try an aerobics video                          | 11 <br>Order takeout                           | 12 <br><u>Calming Gitter Jar</u> |
| 13 <br>Reach out to a friend                                | 14 <br><u>Loving Kindness Meditation</u>                 | 15 <br><u>Say your parenting affirmations</u>                               | 16 <br><u>Write a letter of gratitude after watching this video</u> | 17 <br>Rediscover a book you loved as a child or teen | 18 <br>Dance it out to your pump up jam        | 19 <br><u>Stress ball</u>        |
| 20 <br>Light a candle or try a diffuser                   | 21 <br><u>Forgiveness Meditation</u>                   | 22 <br>Look for one new uplifting social media account                    | 23 <br><u>Unconscious bias writing prompts</u>                    | 24 <br>Snack on some old fashioned candy            | 25 <br>Scroll for some funny parenting memes | 26 <br><u>Lava Lamp</u>        |
| 27 <br>Snuggle up with a cozy blanket + a book or podcast | 28 <br><u>Giving + Receiving Compassion Meditation</u> | 29 <br>If you make a mistake, talk to yourself as you would a dear friend | 30 <br>Start a joy or gratitude journal                           |  |   |   |