





November Self-Care Calendar 2020

SNOOZY SUNDAY	MOVEMENT MONDAY	TOGETHERNESS TUESDAY	BEAT BURNOUT WEDNESDAY	TINY HABITS THURSDAY	FUN FRIDAY	SELF-CARE SATURDAY
1  After 3pm I will drink mostly water	2  <u>Moving for mental health video</u> (16 min)	3  Hug a loved one for 20 seconds	4  <u>Burnout podcast</u> with Brene Brown	5  <u>Podcast interview</u> with BJ Fogg (12 min)	6  Elastic waistband all day long	7  Schedule some "me time"
8  After dinner I will make myself a cup of tea	9  Expand your definition "working out"	10  Call a friend + reminisce about a time you belly laughed together	11  Tense all your muscles as hard as you can for 10 seconds + then release	12  When you wake up, take 2 deep breaths	13  Order takeout	14  Spend time in nature
15  After the kids are in bed, I will lower the lights + light a candle	16  Think of 3 ways you like to move your body	17  Give a store worker or neighbor a compliment	18  Do something creative	19  After I run the bath, I will add a few drops of essential oils	20  Yummy dessert	21  Create a <u>gratitude jar</u>
22  If I'm thinking about a problem at night I will say, "that can wait until tomorrow"	23  Rock it out to your favorite song	24  Pet a furry friend	25  Watch a tearjerker to release those tears	26  Before bed read one page in a book	27  TV or movie night	28  Make time for one of your hobbies
29  When my head hits the pillow I will think of 2 things I'm grateful for	30  Stretch for a few minutes	1	2	3	4	5