

My self-care Calendar

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Do something fun!

Go for a walk outside

Do a 30 minute workout

Soak up the sunshine

Write down 3 things I am grateful for

Take a break from social media

Get an early night's sleep

Stay hydrated

Step outside and breathe in the fresh air

Have a nutritious meal

Do something fun!

Affirmation Station

I believe in myself!

I am strong!

My feelings matter!

MII:N:D

