

My self-care Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Do something fun!		Write down 3 things I am grateful for			Have a nutritious meal	
			Get an early night's sleep			Spend time with a friend
	Do a 30 minute workout			Stay hydrated		
Go for a walk outside		Take a break from social media		Step outside and breathe in the fresh air		Do something fun!
	Soak up the sunshine					

Affirmation Station

I believe in myself!

I am strong!

My feelings matter!

MIIN:D