ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY
1. Remember that self-care is not selfish. It’s essential.
2. Be willing to share how you feel and ask for help when needed.
3. Free up time in your diary by cancelling any unnecessary plans.
4. Forgive yourself when things go wrong. We all make mistakes.
5. Plan a fun or relaxing activity this weekend and make time for it.
6. Focus on the basics: eat well, exercise and go to bed on time.

TUESDAY
7. Remember it’s ok not to be ok. We all have difficult days.
8. Notice the things you do well today, however small.
9. Avoid saying ‘I ought to’ or ‘I should’ to yourself.
10. Give yourself permission to say No to requests from others.
11. Aim to be good enough, rather than perfect.
12. Let go of being busy. Allow yourself to take some breaks today.
13. Make time today to do something you really enjoy.

WEDNESDAY
14. Talk kindly to yourself like you would to someone you love.
15. Find a caring, calming phrase to say to yourself when feeling low.
16. Notice what you are feeling today, without any judgment.
17. Leave positive messages for yourself to see regularly.
18. Don’t compare how you feel inside to how others appear outside.
19. Get active outside and give your mind & body a natural boost.
20. No plans day - make time to slow down and be kind to yourself.

THURSDAY
21. Remind yourself that you are loved and worthy of love.
22. Look at photos from a time with happy memories.
23. Let go of other people’s expectations of you today.
24. Ask a trusted friend to tell you what they like about you.
26. Find a new way to use one of your strengths or talents today.
27. Take your time. Make space to just breathe and be still.

FRIDAY
28. Accept your mistakes as a way of helping you make progress.
29. Write down three things you appreciate about yourself today.
30. You matter. Remember that you are enough, just as you are.

SATURDAY
31. Self-care is not selfish. You can’t pour from an empty cup.

SUNDAY

Learn more about this month’s theme at www.actionforhappiness.org/self-care-september

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Keep Calm · Stay Wise · Be Kind