

# SELF-CARE CALENDAR

Try to accomplish 1 of the tasks each day. Cross them off as you go. Add your own in the blank boxes.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Talk to Yourself like You would someone You love	Take a walk outside and appreciate the nature around You	Aim to be Good enough and not Perfect	Give Yourself Permission to say no to other People's requests	Write down 3 things You appreciate about Yourself	SPend time with friends	No Plans- slow down and refresh Your mind and body
Get organized by making a weekly to-do list	Leave a positive message for yourself where you will see it regularly	Remember it's ok to have a bad day. Just don't stay there too long	Let go of other peoples expectations of you	Remind yourself that you are worthy of love and happiness	Watch a funny movie	Treat yourself to something you wouldn't normally
<b>Don't compare what you feel inside to how others appear outside</b>	<b>Avoid saying "I ought to" or "I should" to yourself</b>	<b>Be willing to share how you feel and ask for help when needed</b>	<b>Accept your mistakes as a way of helping you make progress</b>	<b>Stop the glorification of BUSY. It's good to take a break</b>	<b>Small amounts of retail therapy never hurt anyone</b>	<b>Spend some time watching mindless television</b>
SPEND AS MUCH TIME AS POSSIBLE OUTDOORS TODAY	ASK YOURSELF HOW YOU WOULD TREAT A FRIEND IN THIS SITUATION	WRITE DOWN 5 THINGS YOU ARE GRATEFUL FOR	TAKE A NAP	STEP INTO ANOTHER TEACHER'S CLASSROOM JUST TO WATCH CHILDREN	PRINT OUT AN INSPIRING QUOTE AND TAPE IT TO YOUR COMPUTER	READ A BOOK
Turn off Your Phone and spend time with family	Take 5 minutes to just sit and breathe	Have a dance Party to Your favorite music				

*"If your compassion does not include yourself, it is incomplete." - Jack Kornfield*