



ACTION CALENDAR: SELF-CARE SEPTEMBER 2020



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

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

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

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

25 Release yourself from inner demands and self-criticism

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

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



Self-care is not selfish. You can't pour from an empty cup



ACTION FOR HAPPINESS



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

Keep Calm · Stay Wise · Be Kind