

Self Care Calendar

MON	TUES	WED	THURS	FRI	SAT	SUN
Go for a walk in Nature	Get a massage	Read a book	Do nothing	Meditate for 15 mins	Write in a journal	Sleep In!
Write down what you are grateful for	Move gently	Take slow, steady belly breaths for 10 mins	Draw or sketch something	Pet therapy	Plan something you love to do and do it!	Take time to "debrief" after work
Plan and book a holiday	Listen to a podcast (not work related)	Take a break from screens for at least 2 hours a day	Don't look at emails today	Do something you love	Enjoy some good quality chocolate	Use oil or a beautiful lotion to nourish your skin
Colour something	Enjoy a warm 20 minute bath with epsom Balts	Listen to relaxing music	Sit quietly for 5 mins and listen to your heartbeat	Dance like no one is watching	Enjoy a cup of tea outside	Sit quietly, close you eyes and simply listen
Spend some time in the garden	Spend 5 mins enjoying the feeling of sun on your skin	Be creative!				

Take a little time
each day for
your Self Care

