



April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Go outside and just stand still with your face to the sky for 5 minutes	2 Send a note of encouragement to someone you know	3 Read your favorite poem	4 Think of something you are grateful for	5 Treat yourself to a drive-through coffee	6 Take a nap
7 Listen to a free audio book	8 Enjoy your favorite breakfast	9 Go for a walk in your neighborhood if it isn't crowded	10 Watch your favorite Wednesday TV show	11 Get up from your computer and exercise for 10 minutes	12 Call someone you haven't talked to in awhile	13 Tell someone you love them
14 Do a random act of kindness	15 Take a snack to work and actually take a break	16 Stand up and show off your best dance moves	17 Read your favorite quote and reflect on why it's your favorite	18 Stop what you're doing. Look outdoors. Take 10 deep breaths	19 Reflect on how you can be a good friend to others	20 Bake your favorite cookies and share with someone
21 Select a Simon Sinek TED Talk and listen	22 Pick up where you left off in the audio book	23 Stand up and stretch-high low and side to side	24 Do a Sudoku Puzzle	25 Make yourself a "smoothie" with your favorite ingredients	26 Play a board or card game just for fun	27 Whistle a happy tune while you organize your space
28 Find a small toy. Lay down on the floor-place it on your stomach and make it move with your breath	29 Check in with a family member you haven't seen	30 Eat your favorite "comfort food"				

Self-Care Calendar