KISD SELF-CARE CALENDAR: SEPTEMBER 2022

SUNDAY

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say “no”

MONDAY

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would be to a loved one

14 If you’re busy, allow yourself to pause and take a break

TUESDAY

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling without any judgement

20 Enjoy photos from a time with happy memories

21 Don’t compare how you feel inside to how others appear outside

WEDNESDAY

25 Avoid saying “I should” and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

THURSDAY

9 Aim to be good enough, rather than perfect

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

FRIDAY

10 When you find things hard, remember it’s ok not to be ok

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling without any judgement

20 Enjoy photos from a time with happy memories

21 Don’t compare how you feel inside to how others appear outside

SATURDAY

24 Accept yourself and remember that you are worthy of love

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are

“You’ll never know who you are unless you shed who you pretend to be.” Vironika Tugaleva

MENTAL WELLNESS MATTERS

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