



KISD SELF-CARE CALENDAR: NOVEMBER 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- 1 Make a list of new things you want to do this month
- 2 Respond to a difficult situation in a different way
- 3 Get outside and observe the changes in nature around you
- 4 Sign up to join a new course, activity, or online community
- 5 Change your normal routine today and notice how you feel
- 6 Try out a new way of being physically active
- 7 Be creative. Cook, draw, write, paint, make or inspire
- 8 Plan a new activity or idea you want to try out this week
- 9 When you feel you can't do something, add the word "yet"
- 10 Be curious. Learn about a new topic or an inspiring idea
- 11 Choose a different route and see what you notice on the way
- 12 Find out something new about someone you care about
- 13 Do something playful outdoors-walk, run, explore, relax
- 14 Find a new way to help or support a cause you care about
- 15 Build on new ideas by thinking "Yes, and what if..."
- 16 Look at life through someone else's eyes and see their perspective
- 17 Try a new way to practice self-care and be kind to yourself
- 18 Connect with someone from a different generation
- 19 Broaden your perspective: read a different paper, magazine, or site
- 20 Make a meal using a recipe or ingredient you've not tried before
- 21 Learn a new skill from a friend or share one of yours with them
- 22 Find a new way to tell someone you appreciate them
- 23 Set aside a regular time to pursue an activity you love
- 24 Share with a friend something helpful you learned recently
- 25 Use one of your strengths in a new or creative way
- 26 Try out a different radio station or new TV show
- 27 Join a friend doing their hobby and find out why they love it
- 28 Discover your artistic side. Design a friendly greeting card
- 29 Enjoy new music today. Play, sing, dance, or listen
- 30 Look for new reasons to be hopeful, even in tough times



"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

MENTAL WELLNESS MATTERS



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