



KISD SELF-CARE CALENDAR: SEPTEMBER 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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|--|---|---|---|---|--|---|
| | | | | 1 Find time for self-care. It's not selfish, it's essential | 2 Notice the things you do well, however small | 3 Let go of self-criticism and speak to yourself kindly |
| 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" | 8 Be willing to share how you feel and ask for help when needed | 9 Aim to be good enough, rather than perfect | 10 When you find things hard, remember it's ok not to be ok |
| 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 | 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 |
| 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 | 22 Take your time. Make space to just breathe and be still | 23 Let go of other people's expectations of you | 24 Accept yourself and remember that you are worthy of love |
| 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 | 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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