



# KISD SELF-CARE CALENDAR: JUNE 2025

*be kind  
to your  
MIND*



SUN	MON	TUE	WED	THU	FRI	SAT
01 DECIDE TO LOOK FOR WHAT'S GOOD EVERY DAY THIS MONTH	02 SAY POSITIVE THINGS IN YOUR CONVERSATIONS WITH OTHERS	03 RE-FRAME A WORRY AND TRY TO FIND A HELPFUL WAY TO THINK ABOUT IT	04 TAKE A PHOTO OF SOMETHING THAT BRINGS YOU JOY AND SHARE IT	05 THINK OF 3 THINGS YOU'RE GRATEFUL FOR AND WRITE THEM DOWN	06 GET OUT INTO GREEN SPACE AND FEEL THE JOY THAT NATURE BRINGS	07 DO SOMETHING HEALTHY WHICH MAKES YOU FEEL GOOD
08 FIND JOY IN MUSIC: SING, PLAY, DANCE, LISTEN OR SHARE	09 ASK A FRIEND WHAT MADE THEM HAPPY RECENTLY	10 BRING JOY TO OTHERS BY DOING SOMETHING KIND FOR THEM	11 EAT GOOD FOOD THAT MAKES YOU HAPPY AND REALLY SAVOUR IT	12 WRITE A GRATITUDE LETTER TO THANK SOMEONE	13 TAKE A LIGHT-HEARTED APPROACH. CHOOSE TO SEE THE FUNNY SIDE	14 SHARE A HAPPY MEMORY WITH SOMEONE WHO MEANS A LOT TO YOU
15 LOOK FOR SOMETHING TO BE THANKFUL FOR WHERE YOU LEAST EXPECT IT	16 SPEAK TO OTHERS IN A WARM AND FRIENDLY WAY	17 TAKE TIME TO NOTICE THINGS THAT YOU FIND BEAUTIFUL	18 LOOK FOR SOMETHING GOOD IN A DIFFICULT SITUATION	19 GET OUTSIDE AND FIND THE JOY IN BEING ACTIVE	20 REDISCOVER AND ENJOY A FUN CHILDHOOD ACTIVITY	21 SEND A POSITIVE NOTE TO A FRIEND WHO NEEDS ENCOURAGEMENT
22 WATCH SOMETHING FUNNY AND ENJOY HOW IT FEELS TO LAUGH	23 CREATE A PLAYLIST OF UPLIFTING SONGS TO LISTEN TO	24 BRING TO MIND A FAVORITE MEMORY YOU FEEL GRATEFUL FOR	25 SHOW YOUR APPRECIATION TO PEOPLE WHO ARE HELPING OTHERS	26 MAKE TIME TO DO SOMETHING PLAYFUL, JUST FOR THE FUN OF IT	27 BE KIND TO YOU, DO SOMETHING THAT BRINGS YOU JOY	28 NOTICE HOW POSITIVE EMOTIONS ARE CONTAGIOUS BETWEEN PEOPLE
29 SHARE A FRIENDLY SMILE WITH PEOPLE YOU SEE TODAY	30 MAKE A LIST OF THE JOYS IN YOUR LIFE (AND KEEP ADDING TO IT)	<div>MENTAL WELLNESS MATTERS</div>				



[WWW.FACEBOOK.COM/KISDCOUNSEL](https://www.facebook.com/kisd Counsel)



[COUNSELING@KILLEENISD.ORG](mailto:COUNSELING@KILLEENISD.ORG)



254-336-0282