



# KISD SELF-CARE CALENDAR: SEPTEMBER 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



- |    |  |    |   |    |  |    |  |    |  |    |   |    |   |
|----|--|----|---|----|--|----|--|----|--|----|---|----|---|
| 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"                           | 1  | Find time for self-care. It's not selfish, it's essential     | 2  | Notice the things you do well, however small          |
| 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 to a loved one             | 14 | If you're busy, allow yourself to pause and take a break       | 8  | Be willing to share how you feel and ask for help when needed | 9  | Aim to be good enough, rather than perfect            |
| 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 | 15 | Find a caring, calming phrase to use when you feel low        | 16 | Leave positive messages for yourself to see regularly |
| 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 canceling any unnecessary plans                | 28 | Choose to see your mistakes as steps to help you learn         | 22 | Take your time. Make space to just breathe and be still       | 23 | Let go of other people's expectations of you          |

*"Self-care is not a waste of time. Self-care makes your use of time more sustainable."*

**MENTAL WELLNESS MATTERS**



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