



# KISD SELF-CARE CALENDAR: FEBRUARY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

*just breathe*

4 Invite a friend over for a "tea break" (in person or virtual)

5 Make time to have a friendly chat with a neighbor

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

1 Send a message to let someone know you're thinking of them

2 Ask a friend how they have been feeling recently

3 Do an act of kindness to make life easier for someone

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful, or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticize

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today

29 Acknowledge someone's problem or pain rather than trying to fix it

*"You can't go back and change the beginning, but you can start where you are and change the ending."*



**MENTAL WELLNESS MATTERS**



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