



KISD SELF-CARE CALENDAR: NOVEMBER 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

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

“Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside.”

MENTAL WELLNESS MATTERS



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