

August 2025 Self Care Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1. Set an intention to be kind to others (and yourself) this month	2. Send an uplifting message to someone you can't be with	3. Be kind and supportive with everyone you interact with
4. Ask someone how they feel and really listen to their reply	5. Spend time wishing for other people to be happy and well	6. Smile and be friendly to the people you see today	7. Give time to help a project or cause you care about	8. Make some tasty food today for someone who will appreciate it	9. Thank someone you're grateful to and tell them why	10. Check in with someone who may be lonely or feeling anxious
11. Share an encouraging news story to inspire others	12. Contact a friend to let them know you're thinking of them	13. Be kind to yourself so you can be kind to others too	14. Take an action to be kind to nature and care for our planet	15. If someone annoys you, be kind. Imagine how they may be feeling	16. Make a thoughtful gift as a surprise for someone	17. Be kind online. Share positive and supportive comments
18. Today do something to make life easier for someone else	19. Be thankful for your food and the people who made it possible	20. Look for the good in everyone you meet today	21. Donate unused items, clothes or food to help a local charity	22. Give people the gift of your full attention	23. Share an article, book or podcast you found helpful	24. Forgive someone who hurt you in the past
25. Give your time, energy or attention to help someone in need	26. Find a way to 'pay it forward' or support a good cause	27. Notice when someone is down and try to brighten their day	28. Have a friendly chat with someone you don't know very well	29. Do something kind to help in your local community	30. Give away something to help those who don't have as much as you	31. Limit your time on social media.

Remember, it is 'ok' to not be 'ok'.

The [Health & Wellbeing page](#) offers advice and support, or contact one of [Your Mental Health First Aiders](#) for a confidential conversation.

