

# Self care Calendar



## August 2024

| Monday                                  | Tuesday                            | Wednesday  | Thursday  | Friday   | Saturday                                     | Sunday  |
|---|------------------------------------|--|---|--|--|---|
|   |                                    |  | 1.<br>Wake up 15 minutes earlier and enjoy time for yourself. | 2.<br>Spend time outdoors.                                   | 3.<br>Read or listen to a chapter of a book. | 4.<br>Unplug from any technology for a few hours. |
| 5.<br>Try a new recipe.                 | 6.<br>Plan a day out.              | 7.<br>Make a list of all that you're grateful for. | 8.<br>Watch your favourite programme or film.                 | 9.<br>Do something new.                                      | 10.<br>Stretch.                              | 11.<br>Do something that makes you laugh.         |
| 12.<br>Watch the sunrise or the sunset. | 13.<br>Go to your favourite place. | 14.<br>Spend some time with your favourite people. | 15.<br>Use Viva Insights for a meditation.                    | 16.<br>Drink 8 glasses of water.                             | 17.<br>Tidy your work space.                 | 18.<br>Have a good nights sleep.                  |
| 19.<br>Listen to your favourite music.  | 20.<br>Try something new.          | 21.<br>Set a goal to focus on                      | 22.<br>Declutter a space in your house.                       | 23.<br>Wear something that makes you feel good.              | 24.<br>Be compassionate with yourself.       | 25.<br>Visit a friend or a family member.         |
| 26.<br>Make a plan for the day.         | 27.<br>Have an early night.        | 28.<br>Have a healthy breakfast.                   | 29.<br>Sit in the sunshine.                                   | 30.<br>Do something today that you haven't done for a while. | 31.<br>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.

