

July 2026 Self Care Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1. Take a small step to help overcome a problem or worry	2. Adopt a growth mindset. Change "I can't" into "I can't...yet"	3. Be willing to ask for help when you need it	4. Find something to look forward to today	5. Get the basics right: eat well, exercise and go to bed on time
6. Pause, breathe and feel your feet firmly on the ground	7. Shift your mood by doing something you really enjoy	8. Avoid saying "must" or "should" to yourself today	9. Put a problem in perspective by seeing the bigger picture	10. Reach out to someone you trust and share your feelings with them	11. Look for something positive in a difficult situation	12. Write your worries down and save them for a specific 'worry time'
13. Challenge negative thoughts. Find an alternative interpretation	14. Get outside and move to help clear your head	15. Set yourself an achievable goal and take the first step	16. Find fun ways to distract yourself from unhelpful thoughts	17. Use one of your strengths to overcome a challenge today	18. Let go of the small stuff and focus on the things that matter	19. If you can't change it, change the way you think about it
20. When things go wrong, pause and be kind to yourself	21. Identify what helped you get through a tough time in your life	22. Find 3 things you feel hopeful about and write them down	23. Remember that all feelings and situations pass in time	24. Choose to see something good about what has gone wrong	25. Notice when you are feeling judgmental and be kind instead	26. Catch yourself over-reacting and take a deep breath
27. Write down 3 things you're grateful for (even if today was hard)	28. Think about what you can learn from a recent problem	29. Be a realistic optimist. Focus on what could go right	30. Reach out to a friend, family member or colleague for support	31. Remember we all struggle at times - it's part of being human		

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.

