

April 2026 Self Care Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Spend as much time as possible outdoors today	2 Listen to your body and be grateful for what it can do	3 Eat healthy and natural food today and drink lots of water	4 Turn a regular activity into a playful game today	5 Do a body-scan meditation and really notice how your body feels
6 Get natural light early in the day. Dim the lights in the evening	7 Give your body a boost by laughing or making someone laugh	8 Turn your housework or chores into a fun form of exercise	9 Have a day with less screen time and more movement	10 Set yourself an exercise goal or sign up to an activity challenge	11 Move as much as possible, even if you're stuck inside	12 Make sleep a priority and go to bed in good time
13 Relax your body & mind with yoga, tai chi or meditation	14 Get active by singing today (even if you think you can't sing!)	15 Go exploring around your local area and notice new things	16 Be active outside. Plant some seeds and encourage growth	17 Try out a new exercise, activity or dance class	18 Spend less time sitting today. Get up and move more often	19 Focus on 'eating a rainbow' of multi-coloured vegetables today
20 Regularly pause to stretch and breathe during the day	21 Enjoy moving to your favourite music. Really go for it	22 Go out and do an errand for a loved one or neighbour	23 Get active in nature. Feed the birds or go wildlife-spotting	24 Have a 'no screens' night and take time to recharge yourself	25 Take a break in your day and walk outside for 15 minutes	26 Find a fun exercise to do while waiting for the kettle to boil
27 Meet a friend outside for a walk and a chat	28 Become an activist for a cause you really believe in	29 Make time to run, swim, dance, cycle or stretch today	30 Commit to being more active this month, starting today.			

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.

