

June 2024

Self care Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Listen actively and wholeheartedly to others without judgement.	2 Enjoy photos from a time with happy memories.
3 Allow yourself to pause and take a break.	4 Avoid saying 'I should' and make time to do nothing.	5 Be as kind to yourself as you would to a loved one, or your pet.	6 Be willing to share how you feel, and ask for help when needed.	7 Leave a positive message on your desk for you to see Monday.	8 Reach out to a friend or family member you haven't seen for a while.	9 Notice when you're hard on yourself and be kind instead.
10 Have a bubble bath or hot shower and welcome the warmth around you.	11 Make yourself a warm drink and take time to enjoy it.	12 Give your mind and body a natural boost by being active outdoors.	13 Give kind comments to everyone you speak to today.	14 Get a good sleep. No screens before bed.	15 Don't compare how you feel inside to how others appear on the outside.	16 Forgive yourself when things go wrong—everyone makes mistakes.
17 Grab some snacks and watch your favourite film.	18 Make time to do something you really enjoy.	19 Read a new book or start a new audio-book.	20 Take 5 minutes to sit still and breathe.	21 Rediscover your favourite music.	22 Give yourself permission to say no	23 Do something kind for yourself today, something you really enjoy.
24 Look for the good in others and notice their strengths.	25 Share a happy memory with a loved one.	26 Stay hydrated, drink plenty of water.	27 Declutter a part of the house that you have been looking at for so long.	28 Make a plan to meet with friends in the new year.	29 Think of a previous mistake you're glad you made and why.	30 Look back at the year and give thanks. List the things that you are grateful for.

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.

