



Self Care Tips

Monthly Calendar

	Week 1	Week 2	Week 3	Week 4
MON	Start up a bullet journal or notebook to write down your thoughts	Straighten and declutter your study desk at home	Put down your phone and take a 2-hour break from social media	Write in your notebook 2-3 things you want to accomplish next month
TUE	Relax 1/2 an hour before bedtime: no online browsing!	Take a brisk walk outside for 15 minutes	Listen to your favorite songs or watch a favorite movie	Make a list of 10 things you love
WED	Try something new: go to a new coffee shop, attempt a new recipe, etc.	Make a gratitude list: write down 5 things you are grateful for	Go outside: visit a park, go biking, or hike a short trail	Share with a parent or a friend something you have been thinking about
THU	Write down something you have accomplished & are proud about	Reach out to someone new: try talking to a classmate you don't know well	Ask friends for reading recommendations; Use the Libby app to download ebooks	Play a board game with your family or friends
FRI	Draw, color, or doodle	Spend time with a friend face to face or talk on the phone: no texting!	Clean out your closet by sorting into bags stuff you want to donate	Plant seeds for a garden outdoors or indoors

