

SEPTEMBER  
2021

# Self-Care Awareness Month



S M T W T F S

1 Learn different grounding technique to help you achieve calm during stressful moments.

2 Don't forget to drink more water today!

3 Get dressed even if you have nowhere to go.

4 Delete contacts from your phone that you definitely won't ever use again.

5 Today, remind yourself: **"Caring for myself is not selfish. It is necessary."**

6 Create a list of things you want to accomplish this month.

7 Give a sincere Thank-you to anyone who helps you today.

8 Write 3 things you love about yourself.

9 Unsubscribe from "junk" emails.

10 Start to plan your next get-away.

11 Follow people who inspire you on social media.

12 Get rid of five things you never use.

13 When you feel angry, count to ten before saying anything.

14 Today, remind yourself: **"If you want to find happiness, find gratitude."**

15 Don't skip any meals today! Take your breakfast, lunch, and dinner.

16 Look in the mirror & tell this to yourself: **"I believe in my abilities and myself."**

17 Congratulate yourself for any small wins today.

18 Invite someone for a nice outdoor walk.

19 Know more about sleep hygiene to improve your sleep.

20 Create a personal mantra that brings you comfort.

21 Make a personal commitment to nonviolence. **#peaceday**

22 Watch an inspiring Ted Talk & be motivated.

23 Practice changing the way you talk to yourself - be nice to yourself!

24 Savor your morning coffee or tea.

25 Spend an entire day without looking at social media.

26 Share something that has made you proud or happy in the past weeks.

27 Find time to take a pause today, even for just 10 minutes.

28 Train your brain to look for a positive in every situation.

29 Eat the healthiest meal you can think of. **#WorldHeartDay**

30 Take some personality tests to know more about yourself.

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#YearOfWellness Calendar

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#YearOfWellness



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