

April 2020 Self-Care Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wash your hands frequently with soap and warm water	Exercise daily, drink plenty of water and eat healthy food	Practice social distancing	1 Remember that things can change for the better	2 Listen to music	3 Sit and breathe for 5 minutes	4 Sleep in and/or take a nap
5 Read a book	6 Drink your favorite warm beverage	7 Call a friend (not text)	8 Find a new perspective on a problem you face	9 Eat a meal you enjoy	10 Find 3 good things to look forward to this year	11 Ask yourself, will this still matter a year from now?
12 Take a bath	13 Watch a show you love	14 Sit outside and relax	15 Light a scented candle	16 Think positively	17 Make progress on a project or task you have been avoiding	18 Read a magazine
19 Do something constructive to improve a difficult situation	20 Practice mindfulness	21 Do a puzzle	22 Go to a park and take a hike while practicing social distancing	23 Write down your hopes and plans for the future	24 Color	25 Indulge in a treat
26 Look out for positive news and reasons to be cheerful	27 Every hour take 3 deep, calming breaths	28 Enjoy nature	29 Put worry into perspective	30 Say something positive to everyone today		