













May - Mental Health Awareness Month

31 DAYS OF SELF CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><i>Taken from Maddie's Self Care Checklist</i></p>			 <p>Youth Emotional Support YES</p>	<p>1</p> <p>Don't complain all day. Challenge your inner critic</p> <input type="checkbox"/>	 <p>2</p> <p>Drink a glass of water</p> <input type="checkbox"/>	<p>3</p> <p>List ten things you love about yourself</p> <input type="checkbox"/>
<p>4</p> <p>Post inspirational post-it notes around your home</p> <input type="checkbox"/>	 <p>5</p> <p>Read for 15 minutes</p> <input type="checkbox"/>	<p>6</p> <p>Spend five minutes praying, reflecting or meditating</p> <input type="checkbox"/>	<p>7</p> <p>Send a positive text to five people</p> <input type="checkbox"/>	 <p>8</p> <p>Check on a friend</p> <input type="checkbox"/>	<p>9</p> <p>Be in nature, water your plants</p> <input type="checkbox"/>	<p>10</p> <p>Let yourself rest, wear comfy clothes all day</p>
 <p>11</p> <p>Exercise...even if just for a minute</p> <input type="checkbox"/>	<p>12</p> <p>Enjoy your favorite treat/cookie</p> <input type="checkbox"/>	<p>13</p> <p>Practice good posture all day</p> <input type="checkbox"/>	 <p>14</p> <p>Prepare clothes the night before</p> <input type="checkbox"/>	<p>15</p> <p>Try a new recipe and enjoy a cozy drink while preparing it</p> <input type="checkbox"/>	 <p>16</p> <p>Do all tasks in 2 minutes or less</p> <input type="checkbox"/>	<p>17</p> <p>Make a new playlist and Dance</p> <input type="checkbox"/>
<p>18</p> <p>Soak in the sun or open all your windows and curtains</p> <input type="checkbox"/>	 <p>19</p> <p>Make your bed</p> <input type="checkbox"/>	<p>20</p> <p>Watch your favorite movie</p> <input type="checkbox"/>	<p>21</p> <p>Compliment the first three people you talk to</p> <input type="checkbox"/>	<p>22</p> <p>Learn a new skill from a tutorial online</p> <input type="checkbox"/>	<p>23</p> <p>Take a break from emailing and texting</p> <input type="checkbox"/>	 <p>24</p> <p>Spend one minute alone with yourself</p> <input type="checkbox"/>
<p>25</p> <p>Enjoy a big breakfast this morning</p> <input type="checkbox"/>	<p>26</p> <p>Let it all out... on paper</p> <input type="checkbox"/>	 <p>27</p> <p>Ask open-ended questions when conversing</p> <input type="checkbox"/>	<p>28</p> <p>Forgive someone, forgive yourself</p> <input type="checkbox"/>	 <p>29</p> <p>Stand up every hour of the day</p> <input type="checkbox"/>	<p>30</p> <p>Write a gratitude list in the morning and again in the evening</p> <input type="checkbox"/>	<p>31</p> <p>Celebrate your progress and do something fun</p> <input type="checkbox"/>

