

SELF care

Take a little time each day to boost your mood, care for your mind, and celebrate small moments of joy!
 Follow the daily theme for simple ideas that support your mental health and overall happiness.

SELF-CARE Sunday	MINDFUL Monday	GRATITUDE Tuesday	WELLNESS Wednesday	THOUGHTFUL Thursday	FEEL-GOOD Friday	CREATIVE Saturday
Take some time to do absolutely nothing...without guilt	Notice every green thing you see today	Shift one negative thought to a positive one.	Drink More Water Today!	Send a Thank-you note to someone	Write down a dream or goal for your future-no matter how big	Doodle for 5 minutes-anything you want
Prep Something Healthy for The Week	Notice 5 sounds around you during a walk or quiet moment	Write down 3 things you're thankful for today	Stretch for 5 minutes after waking up	Smile at three people today!	Watch a funny video or show that makes you laugh	Take a photo of something beautiful today
Unplug from social media for the evening.	Focus on your breathing for 3-5 minutes	Share one thing you're grateful for with a friend	Go for a 10 minute walk outside	Give someone a genuine compliment	Plan something you're excited about	Write something short, a journal entry, poem or thoughts.
Treat yourself to your favorite healthy snack	Single-Task for One Hour. Focus on One Thing. No multi-tasking.	Keep a sticky note with a positive thought on your mirror	Do 10 jumping jacks or march during a commercial break	Call or message a family member you haven't talked to recently	Try a new recipe, snack or drink today	Rearrange a small space in your house (like a desk or bookshelf)
Create a simple evening routine for yourself	Take a Mindful Walk. Notice sounds, sights and how your body feels as you move	Appreciate something you usually take for granted today	Spend time outdoors-even on your porch!	Write a letter (even if you don't send it) to someone you admire	Do a random act of kindness	Get inspired by nature. Notice colors, patterns or sounds