

July 2024—Self-Care Moments

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Identify 3 things you are looking forward to this month.	2 Sit and breathe deeply for 3 minutes. Inhale for 4 counts, hold for 7, exhale for 8.	3 Set a timer for 10 minutes and tidy any area at home, work or in-between.	4 Challenge yourself to go to bed 15 minutes earlier than usual.	5 Read 3 pages of a book you've been wanting to pick up, whether it's new or an old favorite.	6 Drink a cup of your favorite tea or coffee.
7 Call or video-chat with a friend or family member.	8 Spend 5 minutes journaling. Don't filter or edit, just write for 5 minutes.	9 Challenge yourself to stretch for 1 minute every hour.	10 When upset, ask yourself, will this still matter a year from now?	11 Listen to your favorite song—whatever makes you feel energized and confident!	12 Take a relaxing bath or shower.	13 Watch an episode of a TV show you love.
14 Enjoy a relaxing scent—a scented candle, essential oils, baking, lotions, etc.	15 Identify 3 things that you're grateful for today.	16 Take one small step towards a project or task you've been avoiding.	17 Slow down to read a magazine or newspaper article.	18 Talk about a difficulty you're facing with a loved one.	19 Have an intentional moment—sit in a relaxed posture, take 3 deep breaths, and set an intention.	20 Do a puzzle, crossword, wordsearch or play another game you enjoy
21 Go to a local park and take a walk or sit and enjoy the sights and sounds	22 Write down some hopes, plans or goals for the future.	23 Tap into your creativity—color, write, draw, play music, dance, cook, paint or make something.	24 Indulge in a special treat.	25 Ask yourself, "What reasons do I have to be cheerful today?"	26 Challenge yourself to take 3 deep breaths every hour.	27 Say something positive to a friend, family member, or coworker today.
28 Pick your favorite recipe. Shop for the ingredients and make it for dinner tonight. Enjoy!	29 Take a look around you—identify 5-10 things you could get rid of.	30 Drink 64+ oz of water.	31 Spend at least 20 minutes outside.			