

SELF CARE

APRIL 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1  Go for a walk or hike	2  Make the perfect cup of coffee or tea	3  Attend CLSA's self-care workshop	4  Sleep in!
5  Write in your journal	6  Read a good book or magazine	7  Eat your favorite dessert	8  Take an extended bath or shower	9  Schedule a virtual health care appt	10  Plant a flower or succulent	11  Stretch your body for 10 minutes
12  Play with a pet or watch animal videos	13  Light your favorite candle	14  Take a nap	15  Attend a Wellness Workshop at KGI	16  Get outside and watch the clouds	17  Call a friend to catch up	18  Take 15 min to reflect on your week
19  Watch your favorite movie or TV show	20  Listen to your favorite playlist	21  Write a letter to your future self	22  Declutter your room	23  Read some inspirational quotes	24  Cook your favorite meal	25  Have a picnic or BBQ with loved ones
26  List 5 things you're grateful for	27  Work on a puzzle or DIY craft	28  Ask for help with something you need	29  Visit the Chaplains during Office Hours	30  Go to the park	31  Make time for your favorite hobby	

