















February Self Care Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Nourish yourself with things that give you a sense of meaning. 	2 Find ways to interact more with your neighbors.	3 Go with the flow and be more patient today.	4 Be gentle with yourself when you feel afraid. 	5 Notice all the ways that you're being courageous just by quietly persevering.
6 When work is stressful, take a moment to practice gratitude.	7 In honor of National Send a Card to a friend day Write a letter to someone special in your life. 	8 Make a list of actions you could take to help alleviate your anxieties.	9 Look for the humor in a challenging situation.	10 Wake up and don't check your phone first.	11 I choose to be free of worry and be at peace with who I am. 	12 Identify self-care practices that rejuvenate and restore your energy.
13 To get through hard times, acknowledge the difficulty rather than trying to fight it.	14 I love and accept myself just as I am today. 	15 Forgive yourself to move on from a lingering regret.	16 Identify the goals that would help you get to where you want to go.	17 Imagine what your best possible life would look like. 	18 Reflect on what you want in your relationships and how you might achieve it.	19 Try to let go of unhelpful self-judgement and self-criticism.
20 Stop comparing yourself to others!	21 Take yourself to a café or restaurant you've never been to. 	22 I matter. I am allowed to say "no" to others and "yes" to myself.	23 Write a positive review for something you enjoy. 	24 Let go of the expectation that you should feel happy all the time.	25 Try something new. Step outside your comfort zone.	26 Light a candle and reflect on those in life who need your love. 
27 Put away digital devices and really focus on who you're with.	28 Thank someone and tell them how they make a difference for you. 	<i>"To accept ourselves as we are means to value our imperfections as much as our perfections." – Sandra Bierig</i>  				

This information is provided to you by:



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