



March Self Care Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>WOMEN'S HISTORY MONTH</p>		<p>1 Give yourself an hour to read a book or magazine</p>	<p>2 Look around and spot at least 3 things you find pleasant or unusual</p>	<p>3 Take a day off from social media</p>	<p>4 Eat a special breakfast with a friend or family member</p>	<p>5 Treat yourself and sleep in</p>
<p>6 Do 3 things to eliminate negativity in your life</p> <p>GOOD VIBES Only</p>	<p>7 Spend time outdoors for greater peace of mind</p>	<p>8 <u>International Women's Day</u> Take a moment to thank the most influential women in your life</p>	<p>9 When some is speaking, take a full breath before you respond.</p>	<p>10 Take 5 minutes to reflect on your feelings; support someone that may feel stressed</p> <p>#SELday</p>	<p>11 Go to bed 30 minutes earlier today, Tomorrow is the beginning of daylight savings</p>	<p>12 Make a list of amazing things that you take for granted</p>
<p>13 Every hour, simply take three calm breaths in and out</p>	<p>14 Let go of people's expectations</p>	<p>15 Treat yourself to a special gift or dinner</p>	<p>16 Turn on some music for a mood boost</p>	<p>17 If you find yourself rushing, make an effort to slow down</p>	<p>18 Plan a night out with a person or people you care about</p>	<p>19 When you look in the mirror today, find something you love about yourself and say it out loud</p>
<p>20 <u>International Day of Happiness</u> Focus on what makes you HAPPY</p>	<p>21 Make room in your life to recharge</p>	<p>22 Step a tiny bit out of your comfort zone today</p>	<p>23 Send a positive/encouraging note to a coworker</p>	<p>24 Reach out to someone that inspires you and tell them why</p>	<p>25 Tune into your feelings without judging or trying to change</p>	<p>26 Time to Declutter. Spend some time organizing your closet</p>
<p>27 Invite a friend or coworker for a hot drink and a chat</p>	<p>28 Make a relaxing plan for the weekend</p>	<p>29 Check in with your energy levels and plan your day in a way that honors how you're feeling</p>	<p>30 Give a special gift or treat someone</p>	<p>31 Share a smile with 3 people you pass today</p>	<p><i>Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.</i></p> <p><i>Epicurus</i></p>	

This information is provided to you by:



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