

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|---|--|--|
| | 1 <i>Try something new today</i> | 2 <i>Take a photo of something that inspires gratitude in you</i>  | 3 <i>Say no to others, and yes to Self-Care</i> | 4 <i>Plan a new activity or idea that you want to try out this week</i> | 5 <i>Treat yourself</i>  | 6 <i>Go for a drive with no destination</i> |
| 7 <i>Fix your lunch for the week.</i>  | 8 <i>Take a break from the news</i> | 9 <i>Write a thank you note to yourself for all the ways that you have loved and taken care of yourself over the years.</i> | 10 <i>Take time for a Hobby</i> | 11 <i>Look for new reasons to be hopeful even in tough times</i> | 12 <i>Call a family member that you lost touch with</i> | 13 <i>Do something kind for someone else</i>  |
| 14 <i>Be curious learn about a new topic or an inspiring idea</i> | 15 <i>Implement a morning and night routine you enjoy</i>  | 16 <i>Leave for work 15 minutes early and take your time</i> | 17 <i>Make a playlist of "Good Mood" music</i> | 18 <i>Think of a place in the world that you love. Close your eyes and for a minute imagine yourself there</i> | 19 <i>Mediate for 30 minutes</i> | 20 <i>Bake a Sweet Treat</i>  |
| 21 <i>Follow inspirational quotes on social media</i> | 22 <i>Take a photo of something that inspires gratitude in you</i> | 23 <i>Listen to a podcast or audiobook</i>  | 24 <i>Think of one thing that you are grateful for right now</i> | 25 <i>Use one of your strengths in a new or creative way</i> | 26 <i>Write down 5 things you are grateful for</i>  | 27 <i>Do something you LOVE doing today. Be sure to give yourself time to FEEL the experience</i> |
| 28 <i>Prepare a delicious healthy meal</i>  | 29 <i>Find a new way to help support a cause you care about</i> | 30 <i>Make a list of inspiring quotes</i> | <i>"You can't really be present for the people in your life if you aren't taking care of yourself."</i> <i>-Kerry Washington</i> | | | |

This information is provided to you by:



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