



September: National Self-Care Awareness Month

Participation Guidelines:

- ◆ Complete all 20 tasks to earn 100 points and entry into the monthly drawing. One task per day.
- ◆ Forms must be completed turned in to health@fsd145.org no later than Friday, October 4th to be entered into the drawing.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Do a deep breathing exercise.</i>	3 <i>Nat'l Doodle Day: Doodling can relieve stress.</i>	4 <i>Catch up with a friend.</i>	5 <i>Go to bed 30 minutes earlier.</i>	6 <i>Drink more water.</i>	7
8 <i>National Suicide Prevention Week</i>	9 <i>Practice positive self-talk.</i>	10 <i>Ask for help.</i>	11 <i>Compliment someone.</i>	12 <i>Replace a negative thought with a positive one.</i>	13 <i>Share your story.</i>	14 
15	16 <i>Go to bed 30 minutes early.</i>	17 <i>Random act of kindness.</i>	18 <i>Make a list of your favorite things.</i>	19 <i>Dance like no one is watching.</i>	20 <i>Spend some time outdoors.</i>	21
22	23 <i>Random act of kindness.</i>	24 <i>Listen to music.</i>	25 <i>Forgive yourself.</i>	26 <i>Set a goal for the day.</i>	27 <i>Go on a walk.</i>	28
29	30 <i>Be kind.</i>					