



May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Take time to create a positive personal mantra you can say each day	2 Do a random act of kindness for someone you don't know well	3 It's May Day—smell a flower (pick if it's yours)	4 Get outdoors and enjoy the sun for at least 15 minutes
5 Reflect on how you contribute to your work or family team	6 Do simple neck rolls to relax your neck	7 Celebrate Cinco de Mayo	8 Commit to watch only 30 minutes of news	9 Enjoy your favorite sandwich—enjoy the smell and the taste	10 Tell yourself your favorite joke and laugh aloud	11 Make a list of the 5 best things about being you
12 Watch a movie, start to finish, no interruptions	13 Smile at everyone you meet today—say a warm hello	14 Call your best friend to check in	15 Take 10 deep breaths, slowly exhaling	16 Focus on your goal, what one thing could you do today?	17 Drink at least 64 ounces of water today-no excuses	18 Clean out your “junk drawer” and restore order
19 Listen to a child's book being read on YouTube	20 Figure out how many drops of water can fit on a penny	21 Do 10 sit-ups (you can bend your knees)	22 Donate a can of food to your local Food Bank	23 Sing the chorus of “You Are My Sunshine” while you wash hands	24 Shrug your shoulders 10 times at your desk	25 Stand up and do the Macarena or a Line Dance
26 Remember a loved one who is no longer with you	27 Eat 5 fruits and vegetables today	28 Go for a 30-minute walk—clear your mind	29 Be silent and mindful for 15 minutes	30 Take a hot shower and just enjoy the warm water running over your body	31 Recharge your batteries—focus your breathing	
31						

Self-Care Calendar