

Dr. Elizabeth Scott's Self-Care Ideas

This can work for any month of the year: just add numbers into the calendar for the correct days, put this somewhere visible, and have a great month!

SUN	MON	TUE	WED	THU	FRI	SAT
Have a special dinner	Meditation Monday	What are you grateful for?	Listen to new music	Savor a fond memory	Have a special dinner	Take a walk outside
Get coffee with a friend	Meditation Monday	Savor a fond memory	Dance to fun music	Random act of kindness	Count your "wins" today	Enjoy nature today
Have a special dinner	Meditation Monday	Random act of kindness	Listen to new music	Light a scented candle	What are you grateful for?	Take a walk outside
Get coffee with a friend	Meditation Monday	What are you grateful for?	Dance to upbeat music	Call a good friend	Count your "wins" today	Enjoy nature today
Have a special dinner	Meditation Monday	Random act of kindness	What are you grateful for?	Listen to new music	Random act of kindness	Take a walk outside