





SEPTEMBER 2020 – SELF-CARE CALENDAR

		Take 20 minutes to stretch & unwind 1	Plan some fun fall activities for this month 2	Eat organically-grown food 3	Give yourself a pedicure or manicure 4	Get 15-20 minutes of direct sunlight 5
Savor a warm drink  6	Avoid fast & processed food 7	Read a book or magazine for an hour 8	Unplug for an hour 9	Contribute to a cause you believe in 10	Drink lots of water  11	Sit outside. Just sit. 12
Get rid of negativity in your social feeds 13	Set boundaries 14	Bless your meals  15	Take a leisurely walk 16	Try a new class or workout 17	Ask for help when you need it 18	Get adequate exercise & rest 19
Pick or buy a bouquet of fresh flowers 20	Take 10 slow, deep breaths 21	Declutter your space 22	Put on a homemade face mask 23	Pamper yourself 24	Meditate  25	Enjoy the last bits of warm weather 26
Take a magnesium-replenishing bath 27	Do something crafty 28	Make your surroundings healthier & greener 29	Start a Christmas savings fund 30			