Self-Care September 2023

**Monday**
4. Plan a fun or relaxing activity and make time for it
11. Make time to do something you really enjoy
25. Avoid saying 'I should' and make time to do nothing

**Tuesday**
5. Forgive yourself when things go wrong. Everyone makes mistakes
12. Get active outside and give your mind and body a natural boost
19. Notice what you are feeling, without any judgement

**Wednesday**
6. Focus on the basics: eat well, exercise and go to bed on time
13. Be as kind to yourself as you would to a loved one
20. Enjoy photos from a time with happy memories

**Thursday**
7. Give yourself permission to say ‘no’
14. If you’re busy, allow yourself to pause and take a break
21. Don’t compare how you feel inside to how others appear outside

**Friday**
1. Find time for self-care. It’s not selfish, it’s essential
2. Notice the things you do well, however small
8. Be willing to share how you feel and ask for help when needed

**Saturday**
3. Let go of self-criticism and speak to yourself kindly
9. Aim to be good enough, rather than perfect
16. Leave positive messages for yourself to see regularly

**Sunday**
10. When you find things hard, remember it’s ok not to be ok
17. No plans day. Make time to slow down and be kind to yourself
23. Let go of other people’s expectations of you

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