

START THE WEEK WITH SELF-CARE

Practicing self-care is important. Try these simple tips to reduce stress and improve your mood and energy.



GO FOR A WALK

Feel the air or the warmth of the sun.



TAKE A BREATH

Take a pause with some deep breaths.



YOGA MOMENT

At your desk or in your living room, do some relaxing moves.



TAKE A WARM BATH

This is also a way to take a digital break from your phone and/or computer.



CALL A FRIEND

Catch up and share the latest. This will boost your happiness and it's a natural way to destress.

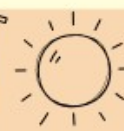


SLEEP

Go to bed early, read, relax, do some bed yoga, sleep soundly, and wake up refreshed!



JUNE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

YOU CAN'T POUR FROM AN EMPTY CUP.

1 Set your self-care goals for the month.

2 Take a long drive.

3 Say the mantra, "My life is moving forward."

4 Walk for 45 minutes.

5 Read for pleasure.

6 SOCIAL MEDIA FREE DAY.

7 Eat a healthy lunch.

8 Swim 10 laps.

9 Plant some flowers.

10 Eat at your favorite restaurant.

11 Stop comparing yourself to others.

12 Meditate for 20 minutes.

13 Drink a gallon of water.

14 Walk for 45 minutes.

15 Purchase something that makes you happy.

16 Evaluate your self-care goals.

17 Write in your gratitude journal.

18 Find a new magazine to read.

19 Tell someone you love the truth.

20 Give yourself a compliment.

21 Attend the Teacher Self-Care Annual Conference.

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23 Ask for help.

24 Send a thank you note.

25 Listen to your favorite podcast.

26 Tell someone no.

27 List all of your problems and then tear them up.

28 Purchase your favorite fragrance.

29 Go for a long drive.

30 Spend 30 minutes in meditation over your struggles from June.

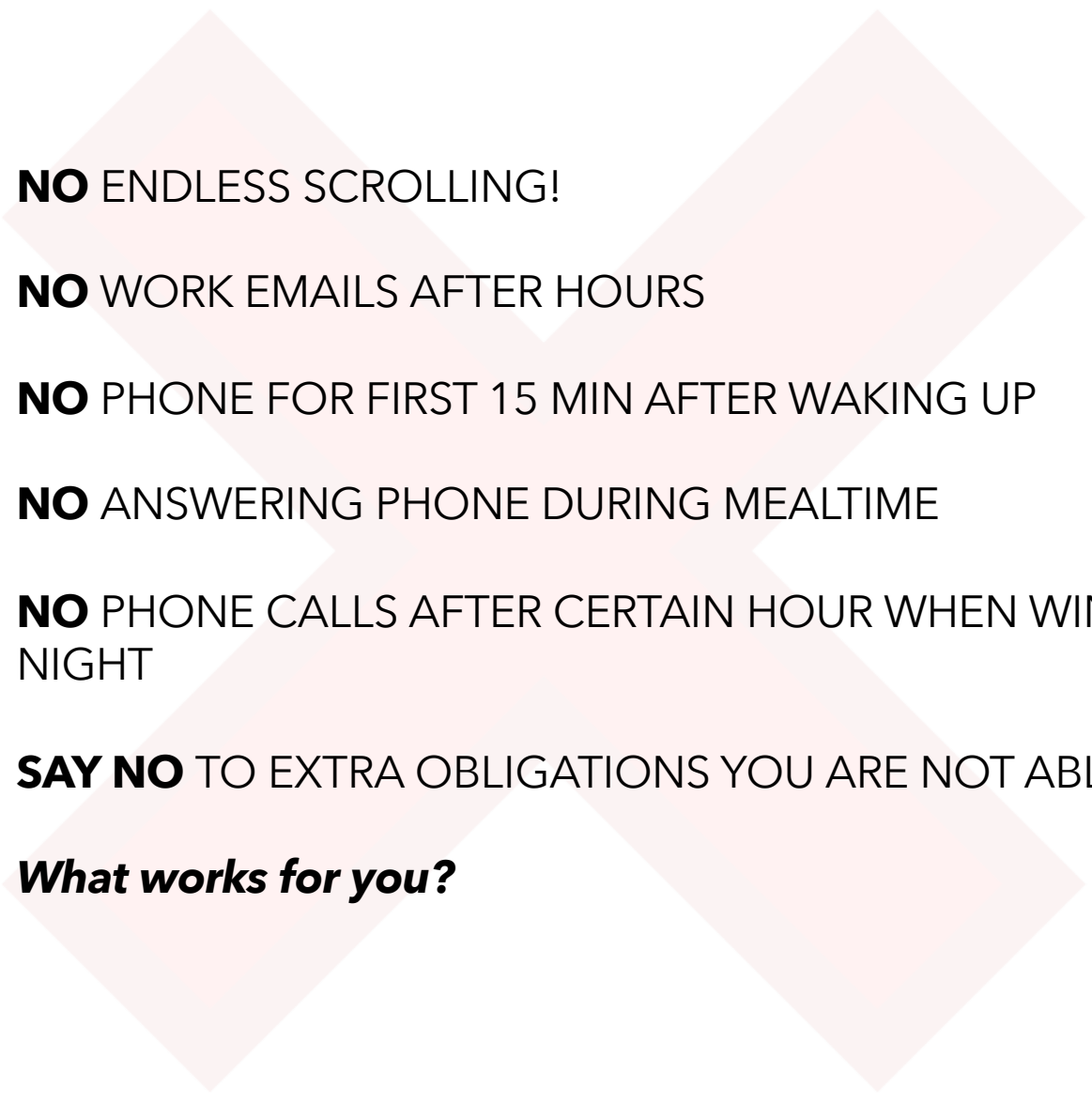


Self Care Checklist



	M	T	W	T	F	S	S
15 minutes of exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 minutes of mindfulness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spent time outdoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stayed hydrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Worked towards a passion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ate a healthy meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did something that made you smile	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Played a song you love	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





NO ENDLESS SCROLLING!

NO WORK EMAILS AFTER HOURS

NO PHONE FOR FIRST 15 MIN AFTER WAKING UP

NO ANSWERING PHONE DURING MEALTIME

NO PHONE CALLS AFTER CERTAIN HOUR WHEN WINDING DOWN AT NIGHT

SAY NO TO EXTRA OBLIGATIONS YOU ARE NOT ABLE TO MANAGE

What works for you?

THIS MONDAY, POWER UP POSITIVITY

When you're tired, stress has a way of creeping in and taking hold. This week, keep your energy high and your positivity bright.

Here's how:



WATCH WHAT YOU EAT

Nibble on light, healthy snacks like fruit or nuts throughout the day, instead of sweets and starches.



DRINK ENOUGH WATER

When you're dehydrated, you feel sluggish and less alert. Keep a water bottle nearby and sip regularly.



GET UP AND MOVE AROUND

A little movement helps rejuvenate you. Better yet, step outside for an energizing walk.



SLEEP SOUNDLY

Getting the proper amount of rest each night is vital to feeling recharged each day. Don't shortchange yourself.

**DE STRESS
MONDAY** *Happy New Week!*

Self-Care

Cheat Sheet

Self-care isn't rocket science.

Here's all you need to know:

1 Get Some Rest

You probably need to sleep more. Who doesn't? 7-8 hours a night. Nap if you can. Make it a point to tell yourself "I'm resting now" at least once a day. Yeah. For real.

2 Fuel Your Body

If you're eating junk, living on caffeine & feeling like a zombie, stop it. Plants. Lean protein. Healthy fats. WATER. Whatever makes you feel vibrant.

3 Move It

Do what feels good to you. Dance in the kitchen. Jump on a trampoline. Swim, bike, walk, run. You don't *have* to sweat it out in a gym. Just MOVE.

4 Be Still

Take 10 minutes every day and just breathe. Learn to meditate. Get quiet. Center yourself. Count your blessings. Express gratitude. Forgive yourself & others. Watch your life change.

5 Speak Up

No one can read your mind. If you need something, ask for it. If something pisses you off, say so (respectfully). Stand up for yourself. Be the friend you deserve.

6 Enjoy Yourself

Life's too short! Do something every day that makes you laugh. Talk to friends. Play. See a movie. Join a club. Take a class. Live your life!

HonorYourselfNow.Net

Taking care of your mental health during COVID-19



Stay connected

Keep in touch with friends and family via email, social media, video conferencing or telephone



Maintain a healthy lifestyle

- Establish a regular daily routine
- Get plenty of sleep and eat nutritious meals
- Engage in exercise and physical activities that you like



Stay positive

Remember that this period of self-isolation or quarantine is temporary and follows expert advice to help contain the virus



Stay informed

Obtain accurate information from reliable sources like the Australian Government and the World Health Organization



Seek support

Mental health services are available if you're feel anxious, worried or overwhelmed



healthdirect.gov.au/mental-health-and-wellbeing

healthdirect

Most adults are well aware of the physical and mental health benefits of exercise and understand the importance of engaging in some form of regular physical activity.

As the United States copes with the new coronavirus, COVID-19, pandemic, business closures, [social distancing](#), and changes in everyday schedules are disrupting just about every aspect of ordinary life — and exercise routines are no exception. Although it might be tempting to skip your workout during these challenging times, public health officials say that exercise — while undoubtedly crucial under normal circumstances — is essential to your physical health and [mental well-being](#) during the COVID-19 pandemic.

Self Care Bingo

Let yourself cry	Read	Go outside	Take a walk	Try something new
drink lots of water	Use positive self-talk	Think about happy memories	Take a screen break	Dance
Take a time out	Listen to music	Laughter activity	Start a hobby or project	Cooking healthy
Journal	Pray or meditate	Use a stress ball	Call a loved one	Arts and Crafts
Play with a pet	Talk to a friend	Deep breathing	Write in a journal	speak up for yourself

Make it fun!!!

SELF
LOVE



SELF
care

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