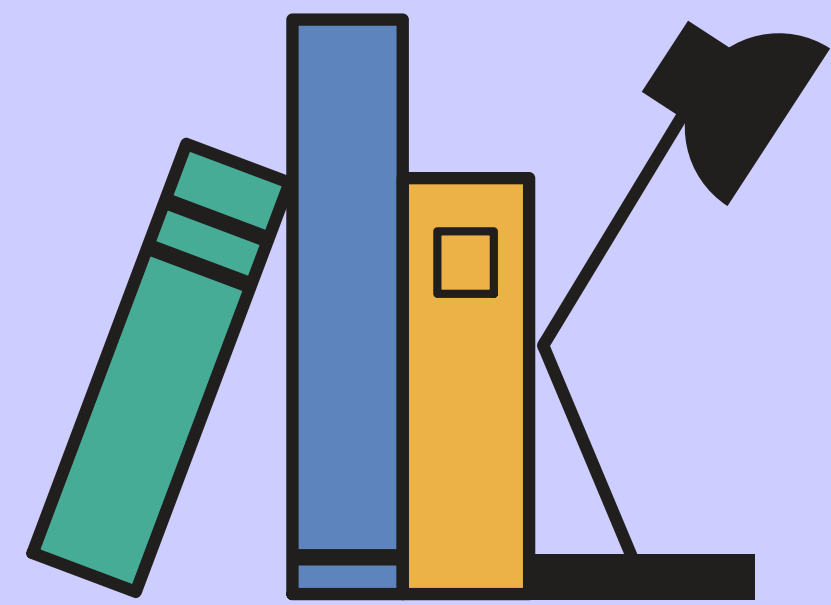


# SELF CARE

## MONTHLY CALENDAR

### FOR TEENS



#### WEEK 1

#### WEEK 2

#### WEEK 3

#### WEEK 4

MON

START A BEDTIME ROUTINE. PLAN A FEW RELAXING ACTIVITIES 1/2 HOUR BEFORE BED. NO ELECTRONICS!

WRITE IN YOUR NOTEBOOK 2-3 THINGS YOU WANT TO ACCOMPLISH THIS WEEK! SCHEDULE WHAT DAYS YOU WILL TRY TO MAKE THAT HAPPEN!

MAKE A LIST OF 20 THINGS YOU LOVE.

DRINK ONLY WATER TODAY OR A SPARKLING DRINK LIKE LA CROIX OR DASANI.

TUE

BUY A JOURNAL OR SIMPLE NOTEBOOK TO WRITE DOWN YOUR THOUGHTS - YOU WILL USE THIS LATER THIS MONTH.

SPEND 10 MINUTES OUTSIDE! TAKE A WALK OR JUST SIT ON YOUR PORCH.

SHARE WITH YOUR PARENT OR A FRIEND SOMETHING YOU HAVE BEEN THINKING ABOUT.

WRITE DOWN 2 THINGS YOU ARE THANKFUL FOR IN YOUR LIFE.

WED

TRY SOMETHING NEW! GO TO A NEW COFFEE SHOP, TALK TO A CLASSMATE YOU'VE NEVER SPOKEN TO OR MAKE A NEW RECIPE!

LISTEN TO A FEW OF YOUR FAVORITE MUSICIANS. OR WATCH ONE OF YOUR FAVORITE MOVIES.

WRITE DOWN SOMETHING YOU ACCOMPLISHED LATELY THAT YOU ARE PROUD OF.

ASK FRIENDS FOR SOME GOOD BOOK RECOMMENDATIONS ..USE THE LIBBY APP TO DOWNLOAD A BOOK OR AUDIOBOOK.

THU

PUT YOUR PHONE DOWN AND TAKE 2 HOURS OFF OF SOCIAL MEDIA.

MAKE YOUR ROOM MORE COZY! BUY A NEW PILLOW, A PICTURE YOU LOVE OR BLANKET.

CLEAN OUT YOUR CLOSET! GO THROUGH AND PUT IN BAGS TO DONATE ANYTHING YOU HAVE OUTGROWN OR DON'T WEAR.

SPEND TIME WITH A FRIEND FACE TO FACE OR TALK ON THE PHONE (NO TEXTING;)

FRI

COPY DOWN A POSITIVE AFFIRMATION OR BIBLE VERSE AND POST IT ON YOUR MIRROR OR LOCKER.

CREATE 2 SPECIFIC SCHOOL GOALS OR PERSONAL GOALS. WRITE DOWN WHEN YOU WILL START AND 2-3 STEPS TO ACCOMPLISHING YOUR GOAL!

PLAY! PLAY A BOARD GAME WITH YOUR SIBLINGS OR TAKE THEM TO THE PARK.

DRAW. COLOR OR DOODLE.

