



We Care/Mental Health Awareness Month May 2020

Parents: 31 ways in 31 days to practice self-care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Listen to music 	2 Dance
3 Cuddle with a child or pet 	4 Write in a journal 	Weekly Theme: Wear your heart on your sleeve			8 Talk to a friend/family member about your feelings	9 Talk with your child about your favorite childhood memory
10 Watch a fun movie-look for helpers in the characters	11 Do one thing special for someone in your life	Weekly Theme: Look for helpers			15 Create a list of ways that you can help a family member at home	16 Write a Thank you Card to someone who has helped you along the way
17 Call a friend or family member to check on them 	18 Read & Share an inspiring quote	Weekly Theme: We Care Champions			22 Make a list of things you're thankful	23 Do one thing today that makes you happy
24 Practice Meditating for 10 minutes 	25 Eat your favorite meal 	Weekly Theme: Take Care of yourself			29 Take a nap 	30 Give yourself a manicure/pedicure
31 Try a new cooking recipe						

