

MAY




2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Take a walk around the neighborhood alone or with a friend	2 Before starting the day, sit with the lights off quietly for 5 minutes	3 Grab your favorite book and a snack and read outside in the fresh air	4 Have a screen free afternoon once school ends	5 Try making a new healthy recipe on your own or with family/friend	6 Play with a pet- don't have one? Consider visiting an animal shelter
7 Make a to do list - what can wait? Consider choosing items to put off for now	8 Listen to music on your way to work in the morning- nice weather? Keep the windows down!	9 Go outside during your prep period for 5 minutes	10 Take a walk around the neighborhood alone or with a friend	11 Call the families of 3 of students and give them positive updates on their child. Connections are win-win!	12 Go to or order from some place new for dinner	13 Host a game night with family or friends
14 Give a call to someone you have not been able to catch up with in awhile	15 Take a calming bath or shower play music or read a book in the bath	16 Take time to catch up on the DVR or show you've been meaning to watch	17 Take 5 minutes during the school day to stretch and release tension	18 Find funny memes about your day and share with coworkers or friends	19 Purchase something that makes you feel good	20 Sleep in!
21 Cook up a grand breakfast OR go out to get one	22 Pick one room of your home to de-clutter	23 Get yourself a fancy coffee, tea or smoothie before work	24 Wear something to work that makes you feel really good	25 Don't respond to work emails after work for the day	26 Make time for a fun evening activity	27 Go out for ice cream or another dessert
28 Spend time with family or friends	29 Go to bed early	30 Exercise for 30 minutes - walking, yoga, weights, running- whatever works!	31 Reflect: what worked well this month? How did self care impact your teaching or interactions?	Think about continuing self care practices for the future! What other small things can you do each day, or several times a week in order to rejuvenate or cope with stressors. What brings you joy and how can you stay connected with others in order to promote positive mental health for yourself?		