

# Self-Care September 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1

Find time for self-care. It's not selfish, it's essential

2

Notice the things you do well, however small

3

Let go of self-criticism and speak to yourself kindly

4

Plan a fun or relaxing activity and make time for it

5

Forgive yourself when things go wrong. Everyone makes mistakes

6

Focus on the basics: eat well, exercise and go to bed on time

7

Give yourself permission to say 'no'

8

Be willing to share how you feel and ask for help when needed

9

Aim to be good enough, rather than perfect

10

When you find things hard, remember it's ok not to be ok

11

Make time to do something you really enjoy

12

Get active outside and give your mind and body a natural boost

13

Be as kind to yourself as you would to a loved one

14

If you're busy, allow yourself to pause and take a break

15

Find a caring, calming phrase to use when you feel low

16

Leave positive messages for yourself to see regularly

17

No plans day. Make time to slow down and be kind to yourself

18

Ask a trusted friend to tell you what strengths they see in you

19

Notice what you are feeling, without any judgement

20

Enjoy photos from a time with happy memories

21

Don't compare how you feel inside to how others appear outside

22

Take your time. Make space to just breathe and be still

23

Let go of other people's expectations of you

24

Accept yourself and remember that you are worthy of love

25

Avoid saying 'I should' and make time to do nothing

26

Find a new way to use one of your strengths or talents

27

Free up time by cancelling any unnecessary plans

28

Choose to see your mistakes as steps to help you learn

29

Write down three things you appreciate about yourself

30

Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

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