Self Care Calendar
30 days of Self Care

UNITED TO PREVENT SUICIDE

Be Kind, Enjoy and Learn, Nurture, Be Active, Belong, Be Aware

1 Notice the things you do well, however small	**2** Remember its OK not to be OK. We all have difficult days.	**3** Plan a fun or relaxing activity and make time for it
4 Read a book	**5** Find a caring, calming phrase to say to yourself when feeling low	**6** Forgive yourself when things go wrong. Everyone makes mistakes
7 Take part in a gentle exercise video online – try mindful stretching	**8** Download a mindfulness App – Calm or Headspace	**9** Do something to relax like having a bath
10 Learn some breathing exercises, they can help you to cope with stress	**11** Find out about activities and groups in your local area and go along to one	**12** Notice the things you do well today, however small
13 Get active outside and give your mind and body a natural boost	**14** Don't compare how you feel inside to how others appear outside	**15** Go somewhere that makes you feel good
16 Try to eat and drink more healthily today	**17** Remember to be kind to yourself today	**18** Make time today to do something you really enjoy
19 Talk to yourself like you would to someone you love	**20** Call, text or arrange to meet with a friend	**21** Write down 3 things you appreciate about yourself today
22 Allow your mind to wander, daydream and hope	**23** Plan a trip to look forward to	**24** Limit your social media today
25 Write a list of 5 things that you're proud of	**26** Prioritise your sleep today - these video tips could help	**27** Give yourself permission to say No to requests from others
28 Do something creative	**29** Connect with nature	**30** Remember that self care is not selfish, its essential

For information about support and ways to be well, visit www.nhsborders.scot.nhs.uk/wellbeingpoint
For emotional support call Breathing Space on 0800 83 85 87 (evening and weekends) or for urgent mental health support call NHS24 Mental Health Hub on 111 (24/7)

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