

Self-Care September 2023



MON	TUE	WED	THUR	FRI	SAT	SUN
Take a break from work or school. Do something you enjoy.	Take a walk in nature. Breathe in the fresh air.	Take a hot bath or shower. Relax and unwind.	Call a friend or family member. Talk to someone you trust.	Write in a journal. Express your thoughts and feelings.	Listen to music. Enjoy your favorite tunes.	Take a nap. Rest your body and mind.
Practice deep breathing exercises. Inhale for 4 counts, hold for 4 counts, and exhale for 4 counts.	Take a short break every hour. Stand up and stretch.	Take a walk around the block. Get some fresh air.	Call a friend or family member. Talk to someone you trust.	Write in a journal. Express your thoughts and feelings.	Listen to music. Enjoy your favorite tunes.	Take a nap. Rest your body and mind.
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Happy - Kinder - Together

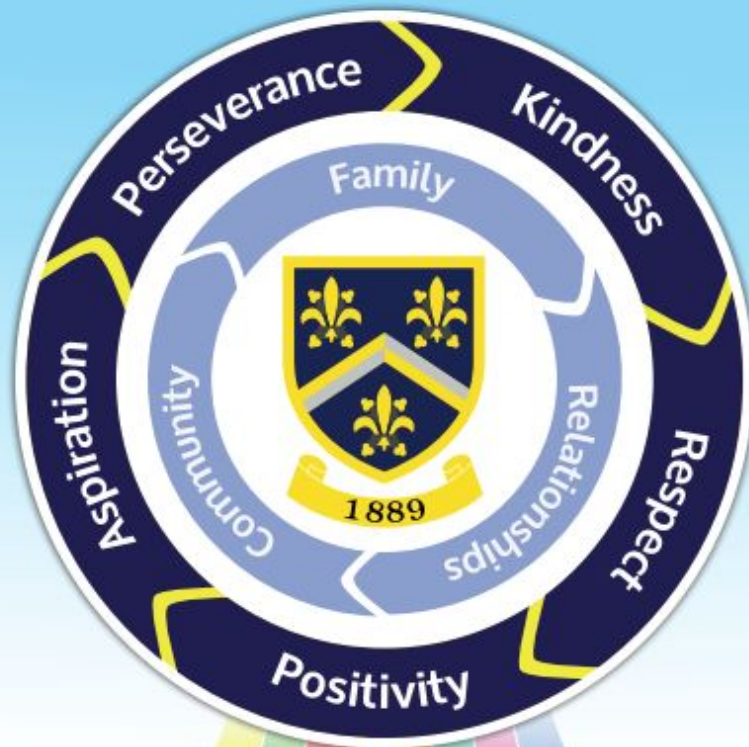




Headstrong 2023-24

Week 1





Aspiration



Perseverance



Kindness



Respect



Positivity

An exceptional education for all



CONNECT

BE ACTIVE

TAKE
NOTICE

GIVE

KEEP
LEARNING

Self-Care September 2023

MONDAY



4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

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

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

TUESDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

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

19 Notice what you are feeling, without any judgement

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

WEDNESDAY



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

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

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

THURSDAY



7 Give yourself permission to say 'no'

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

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

28 Choose to see your mistakes as steps to help you learn

FRIDAY

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

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

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

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

29 Write down three things you appreciate about yourself

SATURDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SUNDAY

3 Let go of self-criticism and speak to yourself kindly

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

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

24 Accept yourself and remember that you are worthy of love







Success is the sum of small efforts,
repeated day in and day out.

Robert Collier

“ quote fancy