



KISD SELF-CARE CALENDAR: JUNE 2024

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



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|---|--|--|---|--|---|--|
| | | | | | | 1 Decide to look for what's good every day this month |
| 2 Say positive things in your conversations with others | 3 Re-frame a worry and try to find a helpful way to think about it | 4 Take a photo of something that brings you joy and share it | 5 Think of three things you're grateful for and write them down | 6 Get out into green space and feel the joy that nature brings | 7 Do something healthy which makes you feel good | 8 Find joy in music: sing, play, dance, listen, or share |
| 9 Ask a friend what made them happy recently | 10 Bring joy to others by doing something kind for them | 11 Eat good food that makes you happy and really savor it | 12 Write a gratitude letter to thank someone | 13 Take a light-hearted approach. Choose to see the funny side | 14 Share a happy memory with someone who means a lot to you | 15 Look for something to be thankful for where you least expect it |
| 16 Speak to others in a warm and friendly way | 17 Take time to notice things that you find beautiful | 18 Look for something good in a difficult situation | 19 Get outside and find the joy in being active | 20 Rediscover and enjoy a fun childhood activity | 21 Send a positive note to a friend who needs encouragement | 22 Watch something funny and enjoy how it feels to laugh |
| 23 Create a playlist of uplifting songs to listen to | 24 Bring to mind a favorite memory you feel grateful for | 25 Show your appreciation to people who are helping others | 26 Make time to do something playful, just for the fun of it | 27 Be kind to you. Do something that brings you joy | 28 Notice how positive emotions are contagious between people | 29 Share a friendly smile with people you see today |
| 30 Make a list of the joys in your life (and keep adding to it) | | | | | | |

"Every small positive change we make in ourselves repays us in confidence in the future."

MENTAL WELLNESS MATTERS



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