



KISD SELF-CARE CALENDAR: MARCH 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



2 Start today by appreciating your body and that you're alive

3 Notice how you speak to yourself and choose to use kind words

4 Bring to mind people you care about and send love to them

5 If you find yourself rushing, make an effort to slow down

6 Take three calm breaths at regular intervals during your day

7 Eat mindfully. Appreciate the taste, texture, and smell of your food

8 Take a full breath in and out before you reply to others

9 Get outside and notice how the weather feels on your face

10 Stay fully present while drinking your cup of tea or coffee

11 Listen deeply to someone and really hear what they are saying

12 Pause to watch the sky or clouds for a few minutes today

13 Find ways to enjoy any chores or tasks that you do

14 Stop. Breath. Notice. Repeat regularly

15 Get really absorbed with an interesting or creative activity

16 Look around and spot three things you find unusual or pleasant

17 Have a "no plans" day and notice how that feels

18 Cultivate a feeling of loving-kindness towards others today

19 Focus on what makes you and others happy today

20 Listen to a piece of music without doing anything else

21 Notice something that is going well, even if today feels difficult

22 Tune into your feelings, without judging or trying to change them

23 Appreciate your hands and all the things they enable you to do

24 Focus your attention on the good things you take for granted

25 Choose to spend less time looking at screens today

26 Appreciate nature around you, wherever you are

27 Notice when you're tired and take a break as soon as possible

28 Choose a different route today and see what you notice

29 Mentally scan your body and notice what it is feeling

30 Discover the joy in the simple things of life

31 Notice three things you find beautiful in the outside world

"Sometimes courage is the quiet voice at the end of the day saying, I will try again tomorrow."

- Mary Anne Radmacher



MENTAL WELLNESS MATTERS



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