



KISD SELF-CARE CALENDAR: MAY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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|--|--|---|---|--|---|--|
| | | | 1 Do something kind for someone you really care about | 2 Focus on what you can do rather than what you can't do | 3 Take a step towards an important goal, however small | 4 Send your friend a photo from a time you enjoyed together |
| 5 Let someone know how much they mean to you and why | 6 Look for people doing good and reasons to be cheerful | 7 Make a list of what matters most to you and why | 8 Set yourself a kindness mission to help others today | 9 What values are important to you? Find ways to use them today | 10 Be grateful for the little things, even in difficult times | 11 Look around for things that bring you a sense of awe and wonder |
| 12 Listen to a favorite piece of music and remember what it means to you | 13 Find out about the values or traditions of another culture | 14 Get outside and notice the beauty in nature | 15 Do something to contribute to your local community | 16 Show your gratitude to people who are helping to make things better | 17 Find a way to make what you do today meaningful | 18 Send a handwritten note to someone you care about |
| 19 Reflect on what makes you feel valued and purposeful | 20 Share photos of three things you find meaningful or memorable | 21 Look up at the sky. Remember we are all part of something bigger | 22 Find a way to help a project or charity you care about | 23 Recall three things you've done that you are proud of | 24 Make choices that have a positive impact for others today | 25 Ask someone else what matters most to them and why |
| 26 Remember an event in your life that was really meaningful | 27 Focus on how your actions make a difference for others | 28 Do something special and revisit it in your memory tonight | 29 Today do something to care for the natural world | 30 Share a quote you find inspiring to give others a boost | 31 Find three reasons to be hopeful about the future | |

"Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort."

MENTAL WELLNESS MATTERS



www.facebook.com/KISDCounsel



counseling@killeenisd.org



(254) 336-0282

www.killeenisd.org/guidance_and_counseling