



# KISD SELF-CARE CALENDAR: OCTOBER 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## SELF-CARE at WORK



Take a little time throughout the day to prioritize yourself.

- |                                                             |                                                                          |                                                                        |                                                                         |                                                                           |                                                                       |                                                                               |
|-------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------|
| 6 Remind yourself that things can change for the better     | 7 Look for the good in people around you today                           | 1 Write down three things you can look forward to this month           | 2 Find something to be optimistic about (even if it's a difficult time) | 3 Take a small step towards a goal that really matters to you             | 4 Start your day with the most important thing on your to-do list     | 5 Be a realistic optimist. See life as it is, but focus on what's good        |
| 13 Ask for help to overcome an obstacle you are facing      | 14 Do something constructive to improve a difficult situation            | 8 Make some progress on a project or task you have been avoiding       | 9 Share an important goal with someone you trust                        | 10 Take time to reflect on what you have accomplished recently            | 11 Avoid blaming yourself or others. Find a helpful way forward       | 12 Look out for positive news and reasons to be cheerful today                |
| 20 Find joy in tackling a task you've put off for some time | 21 Let go of the expectations of others and focus on what matters to you | 15 Thank yourself for achieving the things you often take for granted  | 16 Put down your to-do list and do something fun or uplifting           | 17 Take a small step towards a positive change you want to see in society | 18 Set hopeful but realistic goals for the days ahead                 | 19 Identify one of your positive qualities that will be helpful in the future |
| 27 Be kind to yourself today. Remember, progress takes time | 28 Ask yourself, will this still matter a year from now?                 | 22 Share a hopeful quote, picture, or video with a friend or colleague | 23 Recognize that you have a choice about what to prioritize            | 24 Write down three specific things that have gone well recently          | 25 You can't do everything! What are your three priorities right now? | 26 Find a new perspective on a problem you face                               |
|                                                             |                                                                          | 29 Plan a fun or exciting activity to look forward to                  | 30 Identify three things that give you hope for the future              | 31 Set a goal that brings a sense of purpose for the coming month         |                                                                       |                                                                               |

*"Do something nice for yourself today. Find some quiet, sit in stillness and breathe. Put your problems on pause."*

**MENTAL WELLNESS MATTERS**



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