



# KISD SELF-CARE CALENDAR: FEBRUARY 2025

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

*just breathe*

- 1 Send a message to let someone know you're thinking of them
- 2 Ask a friend how they have been feeling recently
- 3 Do an act of kindness to make life easier for someone
- 4 Invite a friend over for a "tea break" (in person or virtual)
- 5 Make time to have a friendly chat with a neighbor
- 6 Get back in touch with an old friend you've not seen for a while
- 7 Show an active interest by asking questions when talking to others
- 8 Share what you're feeling with someone you really trust
- 9 Thank someone and tell them how they made a difference for you
- 10 Look for good in others, particularly when you feel frustrated with them
- 11 Send an encouraging note to someone who needs a boost
- 12 Focus on being kind rather than being right
- 13 Smile at the people you see and brighten their day
- 14 Tell a loved one or friend why they are special to you
- 15 Support a local business with a positive online review or friendly message
- 16 Check in on someone who may be struggling and offer to help
- 17 Appreciate the good qualities of someone in your life
- 18 Respond kindly to everyone you talk to today, including yourself
- 19 Share something you find inspiring, helpful, or amusing
- 20 Make a plan to connect with others and do something fun
- 21 Really listen to what people say, without judging them
- 22 Give sincere compliments to people you talk to today
- 23 Be gentle with someone who you feel inclined to criticize
- 24 Tell a loved one about the strengths that you see in them
- 25 Thank three people you feel grateful to and tell them why
- 26 Make uninterrupted time for your loved ones
- 27 Call a friend to catch up and really listen to them
- 28 Give positive comments to as many people as possible today
- 29 Acknowledge someone's problem or pain rather than trying to fix it

*"You can't go back and change the beginning, but you can start where you are and change the ending."*



**MENTAL WELLNESS MATTERS**



[www.facebook.com/KISDCounsel](https://www.facebook.com/KISDCounsel)



[counseling@killeenisd.org](mailto:counseling@killeenisd.org)



(254) 336-0282

[www.killeenisd.org/guidance\\_and\\_counseling](http://www.killeenisd.org/guidance_and_counseling)