



July 2023

Days of the week

Monday: PROFESSIONAL

Tuesday: EMOTIONAL

Wednesday: SPIRITUAL

Thursday: PHYSICAL

Friday: MENTAL

Saturday: SOCIAL

Sunday: PRACTICAL

Challenge

Explore one new self-care behaviour each day throughout the month of July.

Each day of the week highlights a different type of self-care which are outline above.

Looking for additional ideas?

We've included even more self-care inspiration on the next page.



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

					1 Check in with your support system	2 Prepare and enjoy your favourite meal
3 Organize your workspace	4 Meditate for 10 minutes	5 Spend time in nature today	6 Stay hydrated. Don't forget your water bottle!	7 Learn about community mental health resources	8 Spend quality time with your partner or loved one	9 Wash your bedsheets
10 Unplug and enjoy your lunchbreak	11 Listen to feel-good music	12 Take 5 deep breaths	13 Incorporate movement into your workday	14 Check in with your mental health	15 Plan a picnic, bbq or coffee date with a friend	16 Plan your meals for the following week
17 Declutter your email inbox	18 Start your day with a positive affirmation	19 Research volunteer opportunities	20 Enjoy a walk outdoors after dinner	21 Schedule in "me-time" this weekend	22 Call or write to a friend or family member	23 Organize your "junk drawer"
24 Schedule a coffee break with a colleague	25 Practice a hobby that you love	26 Read or listen to something that inspires you	27 Start your day with a balanced breakfast	28 Journal and reflect on this past month	29 Attend a community event or farmers market	30 Don't forget your sunscreen!
31 Explore options for professional development						

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

PROFESSIONAL

EMOTIONAL

SPIRITUAL

PHYSICAL

MENTAL

SOCIAL

PRACTICAL

- Set your phone to 'Do Not Disturb' outside work hours
- Explore options for learning & professional development
- Schedule a coffee break with a colleague
- Take your work breaks outdoors
- Make use of your vacation days and sick days when needed
- Listen to relaxing or uplifting music while you work
- Organize your workspace
- Unplug and enjoy your lunchbreak
- Declutter your inbox
- Make yourself an afternoon cup of tea

- Set aside 10 minutes to meditate
- End the day with a journal entry
- Listen to music that makes you feel good
- Participate in a hobby that you love
- Start each day with a positive affirmation
- Check in with your feelings and confide in someone close to you
- Test out a new meditation app
- Limit social media and news consumption
- Get creative and inspired by designing your very own vision board

- Spend time outdoors
- Engage in prayer or attend a worship service
- Practice yoga and deep breathing
- Volunteer for a local organization or for a cause you care about
- Meditate or engage in self-reflection
- Read inspiring material
- Set an intention at the start of each week
- Participate in a meaningful ritual that helps you to feel grounded (Scented bath, Music, Drumming, Dance, Chanting, Smudging)

- Book your annual physical
- Incorporate movement into your day (Ex: walking, strength training, cycling, stretching)
- Treat yourself to a massage or spa treatment
- Check in with your sleep hygiene
- Fuel your body with food that help you to feel your best
- Fill up your water bottle this morning
- Schedule 5 minute stretch breaks into your work day
- Experiment with a new physical activity (Ex: yoga, karate, pickleball, running)

- Start your day with fresh air and sunshine when possible
- Seek support within the community
- Bring nature indoors by investing in a house plant
- Practice setting boundaries and saying "No"
- Learn about new habit formation strategies by listening to reputable podcasts and books
- Schedule in "Me Time" devoted to behaviours that support your mental health
- Take time to check in with yourself

- Call or write to a close friend or loved one you haven't talked to in a while
- Spend quality time with your partner
- Connect with colleagues outside of work hours
- Attend a community event
- Participate in a local workshop or class to connect with like-minded peers
- Meet up with friends for coffee, brunch or a picnic in the park
- Cuddle with your furry friends

- Plan and/or prep next week's meals
- Wash your bedsheets
- Organize your 'junk drawer
- Schedule your next dental cleaning or eye exam
- Do a deep clean of your fridge, freezer, and pantry
- Create a new bed time routine
- Wash, fold, and put away the laundry
- Apply sunscreen before heading outdoors
- Enjoy your favourite meal
- Check in with monthly banking and financials

July 2023

Create your own self-care calendar

Days of the week

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

Notes:

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

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3	4	5	6	7	8	9
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24	25	26	27	28	29	30
31						

