

# SELF-CARE MONTHLY



1 Write April's list of "recharging battery" options that resonate with you

2 Think of 3 positive things about yourself. Remember & repeat them throughout the day

3 Take a nature walk or sit outside whilst practicing mindfulness.

4 Prioritise exercise today. Dance, walk, run, for at least ten uninterrupted minutes

5 'Mindful Journaling' Day

6 Practice 'Box Breathing' at 3 different times today

7 Prioritise an activity on your "recharging battery" list (panel 1)

8 Plan or conduct a clean out. Declutter, donate, and/or rearrange your workspace or home

9 'Be your own Lawyer' Practice disputing any negative thoughts

10 Think of 3 positive things about yourself. Remember & repeat them throughout the day

11 Plan a social event with someone who recharges you

12 Have a 'practicing mindfulness' shower today

13 'Mindful Journaling' Day

14 Prioritise exercise today. Dance, walk, run, for at least ten uninterrupted minutes

15 Take a nature walk or sit outside whilst practicing mindfulness.

16 Prioritise an activity on your "recharging battery" list (panel 1)

17 Practice 'Box Breathing' at 3 different times today

18 'Mindful Journaling' Day

19 'Be your own Lawyer' Practice disputing any negative thoughts

20 Prioritise an activity on your "recharging battery" list (panel 1)

21 Prioritise restful activities today - tv, movies, sleep, anything peaceful

22 Practice 'Box Breathing' at 3 different times today

23 Prioritise exercise today. Dance, walk, run, for at least ten uninterrupted minutes

24 Think of 3 positive things about yourself. Remember & repeat them throughout the day

25 Prioritise an activity on your "recharging battery" list (panel 1)

26 'Mindful Journaling' Day

27 Take a nature walk or sit outside whilst practicing mindfulness.

28 Practice 'Box Breathing' at 3 different times today

29 Prioritise an activity on your "recharging battery" list (panel 1)

30 'Be your own Lawyer' Practice disputing any negative thoughts



# APRIL 2025