



October Self-Care Calendar 2020

CONNECTION SUNDAY	SELF-COMPASSION MONDAY	TREAT YOURSELF TUESDAY	SOOTHING WEDNESDAY	FALL THEMED THURSDAY	FUN FRIDAY	DIY SATURDAY
				1  Create your fall <u>self-care menu</u>	2  Find some new funny social media accounts	3  <u>Adult coloring book</u>
4  Take the <u>Love Languages Quiz</u>	5  <u>Good Morning, I Love You</u>	6  <u>Self-care tattoos</u>	7  <u>Bath bombs</u>	8  Light a pumpkin candle	9  Order takeout	10  <u>Avocado face mask</u>
11  Go for a walk with a friend	12  <u>Self-compassion meditation (20 min)</u>	13  <u>Parent Self-Care eBook</u>	14  <u>Close your eyes for 5 minutes during your lunch break</u>	15  Decorate for fall	16  TV night	17  <u>Salt scrub</u>
18  Text a friend a picture of a happy memory	19  <u>Self-compassion break (5 min)</u>	20  <u>Pinch Me Therapy Dough</u>	21  Snuggle up with a cozy blanket + a book	22  Get a pumpkin spice drink	23  <u>Caramel apple mocktail</u>	24  <u>Lavender room spray</u>
25  <u>Netflix viewing party</u>	26  <u>Try a meditation app</u>	27  <u>Self Explore, Self Restore Journal</u>	28  <u>Try restorative yoga</u>	29  Watch a fall movie (30 fall movie picks)	30  Elastic waistband all day long	31  <u>Zen garden</u>