



A MONTH OF SELF-KINDNESS NOVEMBER

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Mentally commit to a month of Self-Kindness	2 Take a long, relaxing bath or shower. Add some essential oils or bath salts for extra relaxation
3 Take a nap or go to bed early. Give your body the rest it needs	4 Practice deep breathing exercises to relax. Try the 4-7-8 breathing technique: inhale for 4 seconds, hold for 7, and exhale for 8	5 Make a playlist of your favorite songs	6 Try drawing or painting for 15 minutes	7 Cook a comforting meal for yourself. Try a new recipe or make your favorite dish	8 Do some gentle stretching or yoga. Follow a beginner's yoga video if you're new to it	9 Declutter a small area of your home. Start with a drawer or a shelf and enjoy the sense of accomplishment
10 Take a break from social media for the day. Use the time to do something offline that you enjoy	11 Go outside and collect colorful fall leaves. Use them to make a craft	12 Try a 15-minute dance break	13 Call a friend (or someone you'd like to be your friend) just to talk	14 Bake chocolate chip cookies and mindfully eat one; or, mindfully eat another treat that you love	15 Sing or dance to your favorite song	16 Invite a friend to do something fun together
17 Go for a walk and enjoy the fresh air. Notice the colors, sounds, and smells around you	18 Give yourself a hand or foot massage	19 Listen to a podcast or audiobook that interests you. Choose a topic you're passionate about or want to learn more about	20 Call someone you love and tell them about one of your favorite memories of them	21 Read a book or watch a movie that you've been wanting to check out.	22 Write a letter to your future self. Seal it and set a date to open it in the future	23 Think of an activity you want to do (Bowling? Time with friends? See a movie?) and go do it
24 Try a new hobby or activity you've been curious about. Sign up for a class or watch a tutorial online	25 Snuggle a pet or visit an animal shelter	26 Spend time in a cozy spot with a warm drink. Read a book, listen to music, or just relax	27 Take a few moments to just breathe and be present. List what you see, hear, smell, and feel	28 It's Thanksgiving! Reflect on what you are thankful for and share it with others or write it down. If you're spending the day alone, treat yourself to a special meal or watch a favorite movie	29 It's Election Day. Protect your peace and limit news consumption. Engage in calming activities like reading, doing a puzzle, or taking a walk. Remember to breathe and take breaks from the news cycle	30 Reflect on the month and celebrate your self-care efforts. Treat yourself to something special as a reward