





September 2021



Self-Care Inspiration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For more inspirations, check out our Wellbeing Insights e-magazine .	Click on the links for the resources to get started.		Relax and enjoy the stars.  01	Schedule regular preventive care appointment(s). 02	Inspire yourself with fall recipes . 03	Compliment someone.  04
Leave a sticky note with a positive message. 05	Take some time to simply enjoy your morning beverage. 06	If you see litter pick it up and properly dispose of it. 07	Spend some time in a book store. 08	Begin to journal . 09	Develop a music playlist that helps you relax. 10	De-clutter your email in box . 11
Watch a documentary . 12	Video chat with a friend. 13	Find time to volunteer . 14	Diffuse essential oils or burn candles. 15	Watch the sunset. 16	Unplug from technology this evening. 17	Enjoy a time next to a bonfire.  18
Take a long hot shower or bath. 19	Make Popsicles .  20	Sit and listen to your body breathe. 21	Perform a random act of kindness. 22	Ask someone how they feel today and listen to their answer. 23	Laughter is a great stress reliever ; watch a comedy routine. 24	Be kind online; share positive comments. 25
Make today a no plans day. Be kind to yourself and relax. 26	Give the gift of your full attention. 27	Avoid burnout; set a reminder to step away from your desk once per hour. 28	Find time for your hobby or interest. 29	Find a way to "pay it forward" . 30		