



February 2025

Self-Care Inspiration



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

Click on the [links](#) and [colored text boxes](#) for additional information and resources.

For more inspiration, check out our [Wellbeing Insights e-magazine](#)

DARK CHOCOLATE DAY
[Savor a piece of dark chocolate today](#)
 01

<p>GROUNDHOG DAY Go for a walk outside, but take a different route than normal</p> <p>02</p>	<p>Strengthen your heart daily</p> <p>03</p>	<p>Call or text a friend and tell them you are thinking about them</p> <p>04</p>	<p>Practice mindfulness for five minutes</p> <p>05</p>	<p>Research one new financial tip to save money</p> <p>06</p>	<p>WEAR RED DAY Wear red today to raise awareness of heart disease and stroke risk among women</p> <p>07</p>	<p>Prep a colorful salad for lunch</p> <p>08</p>
<p>Write down one purpose-driven intention for the week ahead</p> <p>09</p>	<p>Do 15 minutes of yoga or stretching</p> <p>10</p>	<p>Take some time to appreciate the everyday blessings you might normally take for granted</p> <p>11</p>	<p>Cook a delicious heart-healthy meal</p> <p>12</p>	<p>Monitor your blood pressure</p> <p>13</p>	<p>VALENTINE'S DAY Share love by sending handwritten notes to loved ones</p> <p>14</p>	<p>Take a brisk walk to energize yourself</p> <p>15</p>
<p>Go out and spend time in your local community today</p> <p>16</p>	<p>RANDOM ACTS OF KINDNESS DAY Surprise someone with a thoughtful gesture</p> <p>17</p>	<p>Reflect on your talents and how you can use them for good</p> <p>18</p>	<p>Make uninterrupted time for your loved ones</p> <p>19</p>	<p>PRESIDENTS' DAY Research a historical figure that inspires you</p> <p>20</p>	<p>Focus on drinking at least 64 ounces of water today</p> <p>21</p>	<p>Plan your weekly meals to get organized, save money, and choose healthy options.</p> <p>22</p>
<p>Do a high-energy activity like briskly walking, jogging, or dancing</p> <p>23</p>	<p>Learn a new skill from a friend or share one of your skills with them</p> <p>24</p>	<p>Learn about heart conditions</p> <p>25</p>	<p>Do something silly to make yourself and someone around you smile</p> <p>26</p>	<p>CHILI DAY Experiment with a new chili recipe</p> <p>27</p>	<p>Celebrate your February self-care progress with a relaxing activity</p> <p>28</p>	