



# September: National Self-Care Awareness Month

Suicide Awareness Week: September 7, 2025 - September 13, 2025

Help is available! 988 - Suicide and Crisis Lifeline

- ◆ Complete all 20 tasks during the month of September to earn 100 points and entry into the monthly drawing. One task per day. Each task may only be completed once for the challenge.
- ◆ Forms must be completed turned in to [health@fsd145.org](mailto:health@fsd145.org) no later than Friday, October 10th to be entered into the drawing.

Date:

- \_\_\_\_\_ Do a deep breathing exercise.
- \_\_\_\_\_ Doodle. Doodling can relieve stress.
- \_\_\_\_\_ Catch up with a friend.
- \_\_\_\_\_ Go to bed 30 minutes earlier than usual.
- \_\_\_\_\_ Drink 64 oz of water.
- \_\_\_\_\_ Practice positive self-talk.
- \_\_\_\_\_ Ask for help.
- \_\_\_\_\_ Check in on someone you love.
- \_\_\_\_\_ Compliment a stranger.
- \_\_\_\_\_ Replace a negative thought with a positive one.
- \_\_\_\_\_ Share your story and listen to someone else's story.
- \_\_\_\_\_ Perform a random act of kindness.
- \_\_\_\_\_ Make a list of your favorite things.
- \_\_\_\_\_ Dance like no one is watching.
- \_\_\_\_\_ Spend time outdoors.
- \_\_\_\_\_ Listen to music that makes you happy.
- \_\_\_\_\_ Forgive yourself.
- \_\_\_\_\_ Watch a comedy.
- \_\_\_\_\_ Listen to a self-care podcast episode of your choice.
- \_\_\_\_\_ Go on a walk outside.

