



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 an 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 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.

