



PATERSON PUBLIC SCHOOLS

Learning Today, Leading Tomorrow



SEPTEMBER 2026 SELF-CARE CALENDAR

30 DAYS OF REST, RENEWAL & SCHOOL-YEAR BALANCE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Set a calm intention for the month. 	2 Fill your water bottle before the day begins. 	3 Take three slow breaths before students arrive. 	4 Share one back-to-school win with a colleague. 	5 Leave work on time if you can. 
6  Give yourself permission to truly rest.	7  Step outside for a 10-minute reset.	8  Eat lunch away from your workspace.	9  Ask for help with one small task.	10  Write down one thing you handled well.	11  Play a song that lifts your mood.	12  Read something that makes you happy.
13  Bring yourself a nourishing snack.	14  Capture one beautiful school-day moment.	15  Take a screen-free break after work.	16  Create a calm space and unwind.	17  Notice one reason to feel proud today.	18  Enjoy a slow morning or quiet evening.	19  Journal about what is filling your cup.
20 	21  Pause, stretch, and release your shoulders.	22  Say no to one nonessential demand.	23  Try something new and encouraging.	24  Have a tech-free evening.	25  Spend time with someone who uplifts you.	26  Choose progress over perfection today.
27 	28  Practice self-kindness and compassion.	29  Let go of what you cannot control.	30  End the month feeling proud of yourself.			



Remember:

Self-care is not selfish – it's essential.
You deserve a school year filled with peace, balance, happiness, and YOU time.

YOU MAKE A DIFFERENCE

