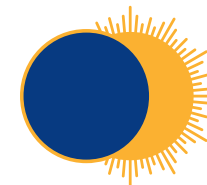


# A month of self-care – April 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1</b> Pick a fun handwashing song – this month's song: 'Hey Jude' by the Beatles	<b>2</b> Watch something that will make you laugh	<b>3</b> Put on your favourite song and have a midday dance party	<b>4</b> Give a genuine compliment to three people	<b>5</b> Question any negative thoughts you may have – could the opposite be true?
<b>6</b> Write down three things in your life you feel grateful for	<b>7</b> Take five minutes, sit still. Breathe in, breathe out.	<b>8</b> Get active, even if you're indoors. Move or stretch for five minutes	<b>9</b> Do three random acts of kindness to help others	<b>10</b> Find positive stories in the news and share with others	<b>11</b> Look for the good in others. Notice their strengths. What are your strengths?	<b>12</b> Thank three people you feel grateful for. Tell them why.
<b>13</b> Re-read your favourite book. Share it with a friend	<b>14</b> Bake or cook a meal for someone	<b>15</b> Use positive affirmations – tell yourself what you like about you!	<b>16</b> Write a bucket list – what will you do when this is all over?	<b>17</b> Watch a TED talk. Learn something new. Share it with others.	<b>18</b> List five things you do well. Write them down and keep them where you can see them.	<b>19</b> Get a good night's sleep
<b>20</b> Think about what you could learn from these challenging times	<b>21</b> Take a walk outside and find five beautiful things	<b>22</b> Make eye contact and smile at people today, bonus points for saying hello	<b>23</b> Have a cup of tea. Spend that time thinking about someone you love	<b>24</b> Check out <a href="http://www.headspace.com">www.headspace.com</a> for a free mindfulness exercise	<b>25</b> Call someone you miss	<b>26</b> Play a game you enjoyed when you were younger
<b>27</b> Tell someone close to you why you love them	<b>28</b> Draw a picture of what you would look like if you were an animal	<b>29</b> Your body needs water. Stay hydrated – make sure to drink two litres of water per day.	<b>30</b> Share a memory with two friends and spend time reminiscing			



Royal Hospital for  
Neuro-disability