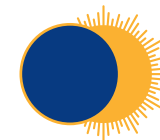


# A month of self-care – July 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1</b> Check in: how are you feeling? Where in your body do you feel it?	<b>2</b> Can you name all the planets in our solar system? Learn some random facts – they'll be good for a pub quiz.	<b>3</b> Midday dance party! Pick a song that makes you think of summer.	<b>4</b> Watch a classic movie. Search '100 must-see films' for inspiration.	<b>5</b> Take a walk. A good walk can do wonders for your mental wellbeing.
<b>6</b> Spend time with yourself! Walk somewhere new, notice your surroundings, notice your thoughts, let your stress go.	<b>7</b> Check in: share the love. Who can you tell/text a compliment to today?	<b>8</b> Writing can help. Take some time to write down your thoughts and express your emotions.	<b>9</b> Food can help your mood. Cut down on sugar and add some whole grains and vegetables to your diet to help you feel good!	<b>10</b> Get creative for 30 minutes. Sing, write, draw, dance, paint, bake, colour in. Express yourself!	<b>11</b> Let's get physical! Go for a run, do a home workout, do 10 burpees. Get your blood pumping.	<b>12</b> Avoid screens for the day and give yourself a break from the news and social media.
<b>13</b> Check in: How many times did you smile today?	<b>14</b> Download a comedy podcast and have a giggle.	<b>15</b> What are you grateful for today? Spend five minutes thinking about what you're grateful for.	<b>16</b> Things have been challenging in 2020 – There's a new normal. What expectation of "normal" are you letting go of today?	<b>17</b> Human beings are social creatures. Have you reached out to your loved ones this week?	<b>18</b> Be playful! When was the last time you played a sport, a board game, hide-and-seek or even a game of solitaire?	<b>19</b> Check in: How are you moving your body today?
<b>20</b> Have an early night. Sleep is vital for our wellbeing.	<b>21</b> Say positive affirmations – you are strong, you are capable, and you are worth it!	<b>22</b> It is ok to not be able to think positive. We don't heal wounds by pretending they don't exist.	<b>23</b> Take a tea break (and a treat too if you like). Think about your favourite summer holiday. We will have holidays again!	<b>24</b> What advice would you give yourself if you could go back to this time last year?	<b>25</b> Check in: How are you getting outside today?	<b>26</b> Treat yourself! Have a cup of coffee in bed, a glass of wine with dinner, sit outside with a good book, have a bath. Self-care is important!
<b>27</b> In what way can you be kind to others today? Buy someone a coffee, help someone with a chore, take time out for someone else.	<b>28</b> Support local initiatives however you can. Donate to a local theatre, buy from a local restaurant, volunteer at a charity.	<b>29</b> Declutter your space. It can help clear your mind. Pick three things you can get rid of and let them go.	<b>30</b> Set some achievable goals for the future. What do you hope to achieve in the next three months?	<b>31</b> Check in: What went well today?		



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