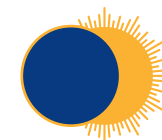


A month of self-care – August 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Things may feel weird after lockdown. That's okay. Take things one step at a time.	2 Cook for someone. Spend time sharing a meal you enjoy.
3 Take a walk outside and clear your head. Notice five things that are blue.	4 Check in: How can you make someone smile today?	5 Feeling like stress is keeping back in? How can you spend an hour relaxing today?	6 Unable to go to the gym? Try an at home workout or yoga class on YouTube	7 Learn how to make a professional cup of coffee. Visit baristainstitute.com	8 Connect with friends. Organise a Zoom pizza party!	9 Slow down. Have a lie-in. spend time reading, have a cup of tea, do some slow stretches.
10 Check in: What compliment can you give someone today?	11 Getting bored in queues? Download a podcast to pass the time.	12 Feeling sad? It is okay to take time to grieve for how things used to be.	13 Take time to plan. Write a to-do list or diary. Organisation can help you see things clearly.	14 Have you tried journaling? It is a great way to express your feelings!	15 Museums and galleries need support. Can you plan a trip to see or learn something new?	16 Check in: What self-care can you practice today?
17 Face masks can cause increased spots and facial oil. Try double cleansing your face to help.	18 Go for a walk in a park with a friend. Check royalparks.org.uk for ideas	19 Make a new healthy habit. Take a daily tech break, increase your fruit intake, or walk more.	20 Support local business. If you feel comfortable, book a restaurant table. Or just order a takeaway!	21 Write down positive things you've recently learned. Pin them somewhere you'll see them every day.	22 Check in: how many times did you smile today?	23 Get some rest. Go to bed early tonight.
24 Set goals for your week. It can feel rewarding to tick things off your list.	25 How much water did you drink today? Aim for at least two litres!	26 Face masks can be fashionable. Make your own with tips from hobbycraft.co.uk	27 Meditation can help with anxiety and stress. Try www.calm.com	28 Check in: Have you told yourself how awesome you are?	29 Attend a virtual concert. There are loads online. See if your favourite artist has something planned!	30 Done with banana bread? Learn to cook a new recipe. www.bbcfood.co.uk has some great ideas
31 Keep in touch with others. Send a text. Ask for help if you need it. The RHN family is here for you!						



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