

A month of self-care – May 2020

Monday

Tuesday

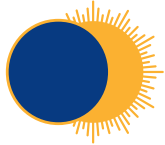
Wednesday

Thursday

Friday

Saturday

Sunday



Royal Hospital for
Neuro-disability

4

It's okay to not be okay – be kind to yourself, you're doing the best you can!

5

Check in: what are you grateful for today?

6

Take a virtual tour of a museum:
[timeout.com/travel/virtual-museum-tours](https://www.timeout.com/travel/virtual-museum-tours)

7

Clap for our carers! Get out your pots and pans, make some noise at 8pm

1

Choose your favourite album – text a friend for a listening party

2

Cook your favourite meal, focusing on tasting the flavours you love

3

Do an indoor workout – check out YouTube for free PE classes with Joe Wicks

10

Follow the trend and bake banana bread:
[bbcgoodfood.com/howto/guide/best-banana-bread-recipes](https://www.bbcgoodfood.com/howto/guide/best-banana-bread-recipes)

11

Check in: what went well today?

12

Share your favourite recipe with a friend

13

Say positive affirmations – you are beautiful, you are loved

14

Take time to watch the sunset – notice all the different colours

15

Get creative for 15 minutes – draw, paint, write, sing

16

Walk a different route from your front door – pay attention to things that are new

17

Check in: what made you smile today?

18

Stay hydrated! Drink two litres of water a day – why not add lemon and cucumber?

19

Take a 30 minute walk outside and find five things that make you smile

20

Have a tech break! Turn off your phone and computer for a couple of hours

21

Support a local business – can you support an independent store or buy a voucher?

22

Watch something positive: check out "Some Good News" on YouTube.

23

Check in: who did you reach out to today?

24

Sleep in! Have a cup of tea or coffee in bed.

25

Help someone else – perform a random act of kindness today

26

Organize an online pub quiz or join in on one:
[virtualquizevents.com/quiz/](https://www.virtualquizevents.com/quiz/)

27

Make a cup of tea. Spend that time thinking about a happy memory

28

Try meditation with www.calm.com

29

Check in: feeling tense? Take five minutes to stretch

30

Learn to say hello in a new language:
www.duolingo.com