



SELF-CARE CALENDAR

4 WEEKS TO WORK ON YOUR MENTAL FITNESS

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK 1

- GET UP & MAKE YOUR BED!
- MAKE AN UPLIFTING PLAYLIST

- GET UP & MAKE YOUR BED!
- LIST 3 THINGS YOU'RE GRATEFUL FOR

- GET UP & MAKE YOUR BED!
- GO FOR A WALK AROUND THE BLOCK

- GET UP & MAKE YOUR BED!
- MAKE A LIST OF THE THINGS THAT GIVE YOU ENERGY

- GET UP & MAKE YOUR BED!
- LIE WITH YOUR LEGS UP THE WALL FOR 15MINS

- GET UP & MAKE YOUR BED!
- TRY SOMETHING NEW

- GET UP & MAKE YOUR BED!
- REST DAY! DO THE THINGS THAT FILL UP YOUR CUP

WEEK 2

- GET UP & MAKE YOUR BED!
- BUY YOURSELF A TREAT

- GET UP & MAKE YOUR BED!
- DRAW WHAT YOU'RE GRATEFUL FOR TODAY

- GET UP & MAKE YOUR BED!
- TRY BLOGILATE'S 'STRETCHES AFTER A STRESSFUL DAY' VIDEO

- GET UP & MAKE YOUR BED!
- CANCEL SOMETHING THAT'S NOT SERVING YOU (A PLAN, A "TO DO")

- GET UP & MAKE YOUR BED!
- CHECK IN WITH A FRIEND OR FAMILY MEMBER

- GET UP & MAKE YOUR BED!
- RECONNECT WITH NATURE - STAND BAREFOOT ON GRASS

- GET UP & MAKE YOUR BED!
- REST DAY! DO THE THINGS THAT FILL UP YOUR CUP

WEEK 3

- GET UP & MAKE YOUR BED!
- UNFOLLOW SOCIAL MEDIA ACCOUNTS THAT MAKE U FEEL BAD

- GET UP & MAKE YOUR BED!
- SIT QUIETLY IN NATURE & WRITE DOWN HOW YOU REALLY FEEL

- GET UP & MAKE YOUR BED!
- GO FOR A PHOTO WALK

- GET UP & MAKE YOUR BED!
- WRITE DOWN 5 OF YOUR STRENGTHS

- GET UP & MAKE YOUR BED!
- LIE ON THE FLOOR & LISTEN TO YOUR FAV MUSIC FOR 15 MINS

- GET UP & MAKE YOUR BED!
- CLEAN OUT A JUNK DRAW OR CLOSET

- GET UP & MAKE YOUR BED!
- REST DAY! DO THE THINGS THAT FILL UP YOUR CUP

WEEK 4

- GET UP & MAKE YOUR BED!
- COOK A NUTRITIOUS MEAL

- GET UP & MAKE YOUR BED!
- LIST 3 NICE THINGS OTHERS HAVE SAID ABOUT YOU

- GET UP & MAKE YOUR BED!
- PUT ON AN UPLIFTING PLAYLIST AND HAVE A BOOGIE

- GET UP & MAKE YOUR BED!
- PUT YOUR PHONE AWAY FOR THE EVENING

- GET UP & MAKE YOUR BED!
- MAKE A RESILIENCE PIE CHART (TUTORIAL ON OUR WEBSITE)

- GET UP & MAKE YOUR BED!
- CONNECT WITH A FRIEND

- GET UP & MAKE YOUR BED!
- REST DAY! DO THE THINGS THAT FILL UP YOUR CUP

Connect with us!
@mindfitnewzealand

