

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Cross off each activity every day and return to the Adult Care Center for a small gift.</p>	<p>4</p> <p>Do 1 activity outside</p>	<p>5</p> <p>Reach out to a family member, friend, or neighbor</p>	<p>6</p> <p>Do 1 active activity</p>	<p>7</p> <p>Write down 3 things you are happy about today</p>
<p>10</p> <p>Eat a healthy meal</p>	<p>11</p> <p>Listen to your favorite song</p>	<p>12</p> <p>Play Virtual Bingo (Look at newsletter for more details)</p>	<p>13</p> <p>Meditate for 5 minutes</p>	<p>14</p> <p>Stretch for 5 minutes</p>
<p>17</p> <p>Call someone you miss</p>	<p>18</p> <p>Eat a healthy breakfast</p>	<p>19</p> <p>Treat yourself (comfort food, flowers, TV show)</p>	<p>20</p> <p>Color a picture</p>	<p>21</p> <p>Work on a house project</p>
<p>24</p> <p>Sing a song out loud</p>	<p>25</p> <p>Read for 15 minutes</p>	<p>26</p> <p>Journal for 5 minutes</p>	<p>27</p> <p>Do something spontaneous</p>	<p>28</p> <p>Smile for 30 seconds</p>
<p>31</p> <p>Celebrate the end of the month (whatever that means to you)</p>	 <p>August 2020 Self-Care Calendar</p>			