

Self-Care & Support Calendar

Please take good care as you care for others. *From the Folks at PaperClip Communications*

2020 April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>As the pandemic continues, social distance and self-quarantine can take its toll. Plus, you're working hard to do your job in innovative, quality, compassionate ways to honor your commitment to students. Please make sure you're taking moments for self-care amidst it all with help from this <i>Self-Care & Support Calendar</i>. You're amazing.</p>			1 Have Some Fun!	2 Embrace the Pause	3 Focus on What's Going Right	4 Take the Strive for Five Social Connections Challenge
5 Name Your Grief	6 Bust Out the Sidewalk Chalk	7 Look at What We ARE Doing	8 Think Ahead to Big Celebrations	9 Stock Up on Nutritious Eats	10 Tap into Mental Health Training Tools	11 Tap into the Familiar
12 Stay Connected During a Pandemic	13 Take Control of Health Anxiety	14 Don't Be Guilted into Being More Productive	15 Clean and Disinfect with Confidence	16 Celebrate Public Radio Music Day	17 Be Mindful and Ground Yourself	18 Read Books That Reinforce the Best of Humanity
19 Find Something You Can Control	20 Make the Most of Inside Time	21 Realize That Life <i>Isn't</i> Shut Down	22 Make One Small Change	23 Enhance Your Cultural Competence	24 Get Good, Quality Sleep	25 Grab Hold of What <i>Is</i> Certain
26 Address FOMO with JOMO	27 Reduce Car Germ Uncertainty	28 Be Uplifted	29 Give Yourself the Beauty Treatment	30 Find Comfort in Poems of Hope and Resilience	<p><i>Please share this calendar with anyone you believe could benefit.</i></p>	