


















January 2021

Self-Care Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
Flower of the Month: Carnation. 	Birthstone of the Month: Garnet. 				Write yourself a letter with new goals for the new year. Open letter at the end of the year. New Year's Day	Call someone you have not spoken to in a long time.
3	4	5	6	7	8	9
Start reading a new book. 	Make a spaghetti dish tonight.  National Spaghetti Day	Write down five positive words about yourself.	Cuddle up with someone today. National Cuddle Up Day	Make sure to keep all your health appointments.	Run a hot bath and fill it with bubbles.  National Bubble Bath	Declutter a room or closet.
10	11	12	13	14	15	16
Sit down with your family for dinner.  National Sunday Supper Day	Learn about the warning signs of Human Trafficking. National Human Trafficking Awareness Day	Go to bed 30 minutes early. 	Find a cute sticker and trade with someone. National Sticker Day	Find an outfit for your furry friend.  National Dress Up Your Pet Day	Pick a hat today to wear. Be Bold.  National Hat Day	Just take it easy today. Put your feet up. National Nothing Day
17	18	19	20	21	22	23
Open a cookbook and make something new. 	Read about Martin Luther King's life. Martin Luther King Day	Watch a movie you wanted to see.  National Popcorn Day	Be a Disc Jockey in your home and play your favorite songs. National Disc Jockey Day	Hug a family member.  National Hugging Day	Reflect on your week, and then treat yourself to a treat.	Handwrite a letter to a friend and mail it.  National Handwriting Day
24	25	26	27	28	29	30
Compliment five people you know today. National Compliment Day	Do something that you would never do. Challenge yourself. National Opposite Day	Start each day of this week with a positive affirmation.	Try to be creative and try something new.	Make some blueberry pancakes for dinner.  National Blueberry Pancake Day	Do a puzzle today.  National Puzzle Day	Enjoy a warm croissant or bake one.  National Croissant Day
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Enjoy a cup of hot chocolate and add some marshmallows.  National Hot Chocolate Day		Tips for COVID-19 Frequent Handwashing Wear your face mask Stay 6 feet apart Avoid crowds	International Creativity Month "It's okay to be different" Month	National Mentoring Month National Book Month National Hobby Month	National Blood Donor Month Birth Defects Prevention Month	Cervical Health Awareness Month National Glaucoma Awareness Month