

April 2021

Self-Care Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<p>Flowers of the month are Daisy and Sweet Peas.</p>		<p>Birthstone of the Month: Diamond</p>		<p>Pick a fun thing you have been wanting to do and do it.</p> <p>FUN</p> <p>National Fun Day</p>	<p>Today recognizes and spreads awareness for the rights of people with autism.</p> <p>World Autism Awareness Day</p>	<p>This day is about bringing, spreading, and embracing joy.</p> <p>World Party Day</p>
4	5	6	7	8	9	10
<p>Spend some time with family.</p> <p>Easter</p>	<p>Start reading a book.</p>	<p>Write down your negative thoughts and throw them away.</p>	<p>Enjoy some fresh air and take a walk today.</p> <p>National Walking Day</p>	<p>Pick a recipe you've been wanting to try and start cooking.</p>	<p>Order out and enjoy some Chinese food.</p> <p>National Chinese Almond Cookie Day</p>	<p>Reach out to your sibling with a phone call. Tell them you love them.</p> <p>National Siblings Day</p>
11	12	13	14	15	16	17
<p>Give your furry friend some extra love.</p> <p>National Pet Day</p>	<p>Start an exercise regime.</p>	<p>Play a game of scrabble with a friend or family.</p> <p>National Scrabble Day</p>	<p>Enjoy some planting, start small.</p> <p>National Gardening Day</p>	<p>Be creative.</p> <p>World Art Day</p>	<p>It is FRIDAY, take a hot bath or soak your feet.</p> <p>National Stress Awareness Day</p>	<p>Clean out a drawer. Declutter day.</p> <p>CLEAN UP STRAIGHTEN UP</p>
18	19	20	21	22	23	24
<p>Make a list of your friends and send them a card telling them you are grateful for them.</p>	<p>Start each day this week with 5 deep breaths.</p>	<p>Pay it forward, pay for person behind you in line at Starbucks.</p>	<p>Thank your supervisor.</p> <p>National Administrative Professional Day</p>	<p>Laugh today, watch a funny movie</p>	<p>Pack a yummy picnic and enjoy the park.</p> <p>National Picnic Day</p>	<p>Make a hot breakfast this morning.</p> <p>National Pigs in the Blanket Day</p>
25	26	27	28	29	30	
<p>Make a list of Spring goals.</p>	<p>Have a pretzel as a snack.</p> <p>Pretzel Day</p>	<p>Do something today that makes you happy.</p>	<p>Think of someone who is your Superhero and tell them.</p> <p>National Superhero Day</p>	<p>Take a walk during your lunch.</p> <p>Walk at Lunch Day</p>	<p>Write down 5 positive words to describe yourself.</p> <p>National Honesty Day</p>	<p>Stress Awareness Month</p> <p>Autism Awareness Month</p> <p>Child Abuse Prevention Month</p>