

May 2021

Taking Care Tips

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

1
Call or text a friend of family member.

2
Focus on what you CAN do rather than what you can't do.

3
Make handwashing a mindfulness practice.

4
Create a joy list & do something on the list.

5
Take a Well-being self-screen at [CheckItOutNL.ca](https://www.checkitoutnl.ca).

6
Get up & move! Dance. Walk. Run.

7
Try an alcohol-free Mocktail!

8
Treat yourself well. Make relaxation a priority.

9
Make a meal plan for the week ahead.

10
Practice positive self talk. Tell yourself "I can...I will...I am strong..."

11
Slow things down with deep breathing.

12
Satisfy your thirst with water.

13
Don't forget to laugh! Read/watch something funny.

14
Make some progress on a project that matters to you.

15
Spend time in nature. Notice the sights, sounds & smells.

16
Go to bed earlier than usual.

17
Talk about it. Chat, text or write it down.

18
Give a compliment.

19
Take time to think about the amazing things in your life.

20
Choose your own healthy activity.

21
Share something that makes you smile or laugh.

22
Take a break from social media.

23
Experiment with a new healthy recipe.

24
Take time for breaks.

25
Eat mindfully. Appreciate the taste, texture & smell.

26
Do something nice for someone.

27
Enjoy washing your hands. Remember all they do for you.

28
Be a kid. Choose a fun activity (colouring, play games, LEGO's).

29
Submit a message to the Wall of Hope/Art Room on [BridgetheGapp.ca](https://www.bridgethegapp.ca).

30
No plans day. Slow down & enjoy!

31
Explore interactive resources on [BridgetheGapp.ca](https://www.bridgethegapp.ca).

Celebrate your Success - You Are Amazing!

