





























# January 2022 *Self-Care Calendar*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
Flower of the Month: Carnation 	January Birthstone: Garnet 					Hello 2022, goodbye 2021  New Year's Day
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Your last day of break. Get plenty of rest. 	Get your 8 hours of sleep tonight.  Festival of Sleep	Yum, make some spaghetti.  National Spaghetti Day	Look up information on a bird you see today.  National Bird Day	Cuddle up with a pet or significant other.  National Cuddle Up Day	Focus on positive emotions.	Draw up some hot water and add bubbles.  National Bubble Bath Day
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Make sure you take care: Get enough rest, exercise, hydrate. 	Clean off the clutter.  National Clean Off Your Desk Day	Enjoy a cold glass of milk if you are not allergic.  National Milk Day	Take the stairs.  National Take the Stairs Day	Like the day says, make one of your dreams come true.  Make Your Dreams Come True Day	Take some time today to organize a space in your home.  Organize Your Home Day	Hat Day, wear your favorite hat.  National Hat Day
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Relax!!!  National Nothing Day	Prioritize alone time.  Martin Luther King Day	Watch a Winnie the Pooh Movie.  Winnie the Pooh Day	Add some unique toppings to your popcorn.  National Popcorn Day	Try a new cheese.  National Cheese Lover	Hug your loved one.  National Hugging Day	Do something you have been putting off.
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Make a homemade pie.  National Pie Day	Tell someone a joke.  Global Belly Laugh Day	Reduce negative self-talk.  National Spouse's Day	Tell your spouse how you are grateful for them.  National Spouse's Day	Do something nice for someone.	Hooray, it is Friday! Play a song you love I love Madonna's "Holiday" song.	Start a new puzzle.  National Puzzle Day
<b>30</b>	<b>31</b>					
Bake some croissants.  National Croissant Day	Have hot chocolate topped with whip cream. National Hot Chocolate Day		National Mentoring Month National Human Trafficking Prevention	International Creativity Month "It is Okay to be Different" Month National Book Month	National Blood Donor Month National Bath Safety Month National Hobby Month	Hot Tea Month National Oatmeal Month National Soap Month