










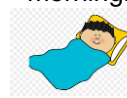




















May 2022

Self-Care Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Thank your principal.  School Principal Day	2 Call your sibling.  National Brother and Sister Day.	3 Thank your teacher.  National Teacher Day	4 Start a new beginning in your life.  National Renewal Day	5 Let's celebrate!  Cinco de Mayo	6 After a long day at work, take a bubble bath.  National Fitness Day	7 Start an exercise regime.  National Fitness Day
8 Honor your mother.  Mother's Day	9 Make sure you are following up on your health.  National Women's Check-Up Day	10 Pick a room and start cleaning or organizing.  National Clean Up Your Room Day	11 Thank your school nurse and make them feel special.  National School Nurse Day	12 Go to bed early, so you feel rested in the morning.  Friday the 13th	13 Don't be superstitious, have a good day.  Friday the 13th	14 Do the "Chicken Dance"  National Dance Like a Chicken Day
15 Try to catch a sunset today. 	16 Be nice, help a neighbor, maybe raking their leaves.  National Do Something for your Neighbor Day	17 Be brave; try a recipe.  National Cheese Soufflé Day	18 Ask for help if you need help. I need help 	19 Start small, maybe in containers.  World Plant a Vegetable Garden Day	20 Find a strawberry field and pick some strawberries.  Pick a Strawberry Day	21 Be adventurous and try a new fruit or vegetable.  Eat More Fruits and Vegetables Day
22 Buy lavender steamers for your showers. 	23 Start your week and each day of this week with a positive affirmation or intention.	24 Wear your favorite Tiara.  International Tiara Day	25 Pick your favorite song and belt it out.  National Sing Out Day	26 Watch an inspiring movie.  National Sunscreen Day	27 Remember to wear sunscreen if you are outside.  National Sunscreen Day	28 Take a drive somewhere and enjoy the ride. 
29 Turn off all your electronics 1 hour before going to bed. 	30 Enjoy your day off. Remember those who died while serving in our Military.  Memorial Day	31 Show your pearly whites  National Smile Day		National Blood Pressure Month Better Speech and Hearing Month National Salad Month Foster Care Month	National Pet Month National Strawberry Month National Self-Esteem Month	National Asthma and Allergy Awareness Month Asian American and Pacific Islander Heritage Month