

















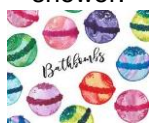













November 2022

Self-Care Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
Flower of the Month: Chrysanthemum 		A time to remember those who have passed away.  Dia De Los Muertos	Take care of yourself; you are the most person in your life.  International Stress Awareness Day	Be fancy and go all out.  National Accessory Day	Donate your services and time.  National Day of Community Services	Good day for a yummy chili.  World Chili Day
6	7	8	9	10	11	12
You got an extra hour of sleep; enjoy it.  Daylight Saving Time Ends	70's Monday: Listen to ABBA's "Dancing Queen." 	Go out and vote.  Election Day	De-Clutter your social media accounts. 	Remember when: Sing the Sesame Street theme song.  Sesame Street Day	Enjoy your day off. VETERANS DAY  HONORING ALL WHO SERVED Veterans Day	Read a book series of Chicken Soup for the Soul that reflects your life. Chicken Soup for the Soul Day
13	14	15	16	17	18	19
Share your kindness.  World Kindness Day	70s Monday: Listen to Kool & The Gang song "Ladies Night." 	Write a love letter to yourself.  I Love to Write Day	Practice tolerance towards others.  International Tolerance Day	Try your hand at making homemade bread.  Homemade Bread Day	Hot Cider time.  Apple Cider Day	Aromatherapy: Try a shower bomb in your shower. 
20	21	22	23	24	25	26
Stay hydrated: Boost your water's flavor with mint or cucumber. 	70s Monday: Listen to The Emotions song, "The Best of my Love." 	Take a ride to somewhere you have been meaning to go.  Go For a Ride Day	Pick a recipe with cranberries and make it.  Eat a Cranberry Day	Celebration of being Thankful.  Thanksgiving Day	Make sure you are flossing daily.  Flossing Day	Order a cake for your family or bake one.  National Cake Day
27	28	29	30			
Take five long deep breaths. 	70s Monday: Listen to America song "A Horse with no Name." 	Give to those that need your help.  Giving Tuesday	Create a gift in a Mason Jar and give it to a friend.  National Mason Jar Day		Diabetic Eye Disease Awareness Month Lung Cancer Awareness Month National Healthy Skin Month	National Epilepsy Month National Diabetes Month National Gratitude Month