



SELF T E M B E R

/ 2 0 2 4

SUNDAY

1
Write down a **SMART** Self-Care Goal for the Month

8
Write down how you're self care goal is going

15
Write down how you're self care goal is going

22
Write down how you're self care goal is going

29
Write down how you're self care goal is going

MONDAY

2
Take the **Busy Brain Test**
<https://drromie.com/busy-brain-test-sm/>

9
Digital Detox
Set a routine bed & wake time

16
Digital Detox
Move your phone/charger away from your bed.

23
Digital Detox
Set up a relaxing non screen nighttime ritual or practice

30
Celebrate your victories
in a way that's meaningful.

TUESDAY

3
Schedule a personal day or vacation dedicated to wellness

10
Set an alarm to go off 30-60 minutes before bed. No more screens. Continue 21 days.

17
Call a friend or family member just to catch up.

24
Reflect on your favorite comfort foods and what they mean to you.

WEDNESDAY

4
30 Min Lunch & Learn on Digital Detoxing

11
30 Min Lunch & Learn on 3/3/30 strategy

18
30 Min Lunch & Learn - Best Crowd Sourced Tips for Organizing.

25
30 Min Lunch & Learn Digital Detox Reflections

THURSDAY

5
Chair Yoga session @ noon with Molly

12
Chair Yoga session @ noon with Molly

19
Chair Yoga session @ noon with Molly

26
Chair Yoga session @ noon with Molly

FRIDAY

6
No Caffeine after 1 pm

13
Drink a cup of tea slowly. Use a real mug.

20
All Staff Meeting @ Schuylkill (Chair Massages)

27
Color Day!
No white sugar, flour, rice, or bread.

SATURDAY

7
Boring Self Care Wash/Change your bedding

14
Boring Self Care Clear everything out from under your bed. No clutter.

21
Boring Self Care Clean out a closet.

28
Boring Self Care Grocery shop & meal prep for 5 meals.

SARCC



Prevent sexual violence. Promote healing.