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COUNSELLING

# 30 S.T.E.P.S to a Happier & Healthier YOU!

## SELF-CARE Calendar

 SUNDAY	Social MONDAY	Thinking TUESDAY	Emotional WEDNESDAY	Physical THURSDAY	Spiritual FRIDAY	 SATURDAY
Buy yourself a journal. Make sure it's a pretty one.  	Chat with a friend, in person if possible!  	Come up with a positive mantra such as: <b>"I've got this!"</b> Practice saying it over and over!  	Take photos of 3 things you are grateful for. Make a "grateful" folder on your phone to store them in.  	Go for a walk.  	Download a mindfulness app. And have a go! I like <b>"Stop. Breathe. Think."</b>  	Reflect on your week, write about it in your journal!  
Create a special space that's just for you! Make it cosy and inviting!  	Do something kind for a stranger.  	Write down 3 goals you have for the next month.  	Watch a funny movie. Laugh out loud!  	Cook a healthy meal.  	Sit in silence and note all that you can hear.  	Make up day! If you missed a day this week, make it up here!  
Take time to get ready for the week ahead.  	Send a text to someone telling them how much you appreciate them.  	Write down 3 things that you like about yourself. Read it every day!  	Do something that makes you feel like a kid again.  	Put on a favourite song and sing and dance!  	Remember and write down a mistake that you have made but learnt from.  	Share your self-care journey with a loved one.  
Plan the week's meals, and write the shopping list needed for the week.  	Write a love letter to someone (it doesn't have to be long!)  	Write down 5 things you do well. Read it out loud!  	Have a bubble bath (or a hot shower) with your favourite music blaring!  	Go to bed early.  	Read some uplifting poetry.  	Redo your favourite self-care activity from this week.  
Tidy your bedroom and make it cosy!  	In your journal, reflect on how the 30 STEPS to Self-care has helped you be a happier you!  					



Contact Honni on **0419 641 805**

Online and In Person Counselling  
Individuals | Couples | Families | EMDR



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