

2024 MAY Self-Care Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Register for HUD's Mental Health First Aid Training.	Make a list of positive fair housing case outcomes.	Listen to a new housing podcast.	60 second desk clean-up to help you with organization.
5	6	7	8	9	10	11
Sit outside in nature.	Create a list of inspiring words and images to have at your desk.	Prioritize healthy eating for the day.	Clean out your email inbox.	Practice a 5 minute stretch.	Set a time to respond to emails for the day.	Meditate or practice chair yoga for relaxation.
12	13	14	15	16	17	18
Read a new book to assist with your professional goals.	Watch your favorite movie at the end of the day.	Schedule a date with a work friend or mentor.	Send an email to someone who inspires you in the fair housing space.	Practice 10 minutes of silence.	Set a boundary and remember to advocate for yourself today.	Practice good eye screen health for the day.
19	20	21	22	23	24	25
Make your seating comfortable.	Eat a new healthy snack.	Spend the day off social media to focus on the present.	Wear your favorite work outfit.	Have an administrative workday.	Do a small act of kindness for someone.	Write down your goals for your current position and organization.
26	27	28	29	30	31	
Create a motivational playlist.	Do afternoon affirmations.	Press pause and give yourself grace for the day.	Remember to appreciate the little things.	Identify your circles of support.	Consider a perspective shift by seeing opportunities as a honor instead of a burden.	



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