

# September 2021

"Within you, there is a stillness and a sanctuary to which you can retreat at anytime and be yourself." -  
Hermann Hesse

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Just be. Engage in a solitary activity that energizes your mind and body.	2 For 2 minutes stand like a tree: feet shoulders width apart, eyes closed and your spine straight.	3 Be actively present in the moment being acutely aware of your body, emotions and surroundings.	4 Let your inner child loose and laugh.
5 Connect with a friend. External support can validate us and hold us accountable to our commitments.	6 Sit still and pay attention to your breathing; simply observe the involuntary process.	7 Take a break. Interrupt the day to day cycle with something you enjoy doing or learning.	8 Organize one thing in your surroundings. You will feel calmer in an organized space.	9 When stressed, stop and list five things you are experiencing for each sense (taste, hear, smell, see, feel).	10 Create a gratefulness list. List everything you are grateful for in your life at this moment.	11 Make yourself a priority today by doing something for you.
12 Find an anchor that helps center you - something to hold, a song, a smell.	13 Find a sounding board, a trusted confidante can be critical.	14 Let go - identify 3 things you can stop trying to control.	15 Develop affirming phrases to say to yourself like: "I can do this," or "This will pass."	16 Paint, draw, sketch and enjoy your creativity.	17 Unplug - spend time away from your devices and off social media.	18 Acknowledge your emotions creating an opportunity to move forward.
19 Move away - step away from the thing causing you stress, even if its just for a moment.	20 If a self-defeating thought pops into your head, visualize a stop sign and think "stop."	21 Name it to tame it - try naming outloud what you are feeling.	22 Doodle - doodling is a whole brain activity that forces you to focus.	23 Take deep, slow, rhythmic, quiet, breaths from your belly.	24 Identify your stress response and plan ahead to intervene at the first signs of stress.	25 Focus on getting enough sleep. If having trouble, use a guided meditation.
26 Drink water! It takes only 2% of dehydration to affect your ability to focus.	27 Ask for help.	28 Steady your breath by inhaling for 3 counts, hold for 3 and exhale for 3.	29 Ask for more help.	30 Say no. Self care requires us to set boundaries.	1	2
<p><b>"Life isn't a movie, but it is your stage. It's up to you to decide how your story plays out."</b></p> <p>Notes</p>						