

Wellness Wednesday

from your FVSD School Counselors...




ACTION CALENDAR: SELF-CARE SEPTEMBER 2020




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Remember that self-care is not selfish. It's essential.	2 Be willing to share how you feel and ask for help when needed.	3 Free up time in your diary by cancelling any unnecessary plans.	4 Forgive yourself when things go wrong. We all make mistakes.	5 Plan a fun or relaxing activity this weekend and make time for it.	6 Focus on the basics: eat well, exercise and go to bed on time.
7 Remember it's ok not to be ok. We all have difficult days.	8 Notice the things you do well today, however small.	9 Avoid saying 'I ought to' or 'I should' to yourself.	10 Give yourself permission to say No to requests from others.	11 Aim to be good enough, rather than perfect.	12 Let go of being busy. Allow yourself to take some breaks today.	13 Make time today to do something you really enjoy.
14 Talk kindly to yourself like you would to someone you love.	15 Find a caring, calming phrase to say to yourself when feeling low.	16 Notice what you are feeling today, without any judgment.	17 Leave positive messages for yourself to see regularly.	18 Don't compare how you feel inside to how others appear outside.	19 Get active outside and give your mind & body a natural boost.	20 No plans day - make time to slow down and be kind to yourself.
21 Remind yourself that you are loved and worthy of love.	22 Look at photos from a time with happy memories.	23 Let go of other people's expectations of you today.	24 Ask a trusted friend to tell you what they like about you.	25 Release yourself from inner demands and self-criticism.	26 Find a new way to use one of your strengths or talents today.	27 Take your time. Make space to just breathe and be still.
28 Accept your mistakes as a way of helping you make progress.	29 Write down three things you appreciate about yourself today.	30 You matter. Remember that you are enough, just as you are.	 <p>Self-care is not selfish. You can't pour from an empty cup</p> 			







ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/self-care-september

Keep Calm · Stay Wise · Be Kind

National Suicide Prevention Month Resources

September is National Suicide Prevention Month. Through honest conversation and by providing kids who need it with help, we can prevent suicides and save lives. Suicidal thoughts can affect anyone regardless of age, gender or background.

Suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. Attached are resources and supports that review how to get help and talk to others regarding suicide.

[National Suicide Prevention Month](#)

[Signs a Child Might Be Suicidal](#)

[How to Talk About Suicide and Depression with Your Children - Smart Social](#)

[How to Talk to Your Parents About Getting Help](#)

[How to Support a Friend With Mental Health Challenges](#)

[LGBT Teens, Bullying, and Suicide](#)

[Help for Cutting and Other Self-Injury](#)

[National Suicide Prevention Lifeline](#) 1-800-273-8255 Available 24/7

[Crisis Text Line](#) Text HOME to 741741 to connect with a Crisis Counselor Available 24/7

[Care Solace](#) CareSolace is an online resource meant to assist individuals with finding local counseling-related services, which is free at no cost to all FVSD students, families, and staff.