

# February 2022

## UAB Wellness Self-Care Calendar

Sunday

Once you complete the activity, check off the day on the calendar and include your participation in the Google Form to win prizes!

6. Draw/doodle OR spend 10 minutes organizing

13. Try something new

20. Cancel unnecessary plans for the week

27. Find a quote, picture, meme, or song that describes you

Monday

7. Write a Thank You card to a friend/family member/coworker

14. Valentines day! Spend quality time with your loved one(s)

21. Journal: feelings check-in OR practice self-forgiveness

28. Partake in your favorite self-care activity from this calendar!

Tuesday

1. Write down 5 positive affirmations about yourself

8. Drink 4-6 glasses of water OR stretch for 5 minutes

15. Enjoy and/or share your favorite snack

22. Ask a trusted friend what they think your strengths are

Wednesday

2. Write 5 things you are grateful for

9. Give a compliment and accept a compliment

16. Avoid saying "I should" and schedule alone time

23. Wear your favorite outfit

Thursday

3. Mediate/breathe with intention OR spend 15 minutes alone

10. Draft boundaries to set for others and yourself

17. Make a playlist and have a car concert

24. TBT! Find picture(s) of a time you were very happy

Friday

4. Go for a walk, jog, run, or bike ride

11. Spend 15 minutes outside

18. Leave positive sticky notes for yourself and others to see

25. Write down 10 things you can control

Saturday

5. Cook OR order your favorite meal

12. Spend 20 minutes to 1 hour doing your favorite hobby

19. Plan a movie date at home OR take a nap

26. Read OR listen to an audio book or podcast

Resident/busy surgeon bonus box: Substitute any day with these activities:

Call your family on your drive home, do 15 jumping jacks in the call room, brush your teeth, wash your face when you're working over night, take a brief nap when you have the time.