

# EDUCATION STAFF WELLBEING, OCTOBER: SELF-CARE

MON	TUE	WED	THU	FRI	SAT	SUN
			Let go of any regret from the past month and forgive yourself <sup>1</sup>	Try taking 5 deep breaths today before work <sup>2</sup>	Aim to read at least one chapter of your favourite book <sup>3</sup>	Enjoy a long bubble bath <sup>4</sup>
Practice mindfulness throughout the day <sup>5</sup>	Do not be afraid to ask for help when you need it <sup>6</sup>	Make sure you take a full lunch break (away from the desk!) <sup>7</sup>	Remember that it is ok to say 'no' <sup>8</sup>	Finish work early today! <sup>9</sup>	World Mental Health Day <sup>10</sup>	Make your favourite hot drink and enjoy it on the sofa <sup>11</sup>
Speak to your colleagues if you're struggling with workload <sup>12</sup>	Play your favourite music on the drive or walk home <sup>13</sup>	Treat yourself to a delicious smoothie after a workout <sup>14</sup>	Go for a walk this lunch time or after work <sup>15</sup>	Have an evening free of marking or work <sup>16</sup>	Follow a yoga workout on YouTube <sup>17</sup>	Do something you love <sup>18</sup>
Talk to someone who makes you laugh <sup>19</sup>	Drink more water - make sure you take a break to refill your bottle <sup>20</sup>	Aim for a full 8 hours of sleep tonight <sup>21</sup>	Look out of the window and name 5 beautiful things you can see <sup>22</sup>	Eat out at your favourite restaurant tonight (or order in!) <sup>23</sup>	Spend some quality time with loved ones <sup>24</sup>	Relax with your favourite film <sup>25</sup>
Half Term Begins <sup>26</sup> Turn off that alarm and have a lie in!	Choose one thing you want to do this half term and make it happen <sup>27</sup>	Have a pamper day - you deserve it! <sup>28</sup>	Go for a walk in the Autumn leaves <sup>29</sup>	Pick a town or location in Kent to explore <sup>30</sup>	Have a pyjama day! <sup>31</sup> 	