



S

M

T

W

T

F

S

1
STRESS
AWARENESS
MONTH

2
WORLD AUTISM
AWARENESS
DAY

3
FOLLOW AN
EXERCISE VIDEO
ON YOUTUBE

4
NATIONAL
HANDMADE DAY

5
TLC TIME: LEARN
HOW TO GIVE
YOURSELF A
MASSAGE

6
PRACTICE SAYING
POSITIVE
AFFIRMATIONS
ABOUT YOURSELF
DAILY

7
WORLD HEALTH
DAY

8
OPEN THE
WINDOW AND BE
PRESENT WITH
NATURE

9
WRITE DOWN
WHAT'S ON
YOUR MIND

10
NATIONAL
SIBLINGS DAY

11
GO TO THE
GARDEN AND
PULL SOME
WEEDS

12
NEWSLETTER
RELEASE

13
TAKE 2 MINUTES
AND GO TO
WWW.DONOTHING
FOR2MINUTES.COM

14
SET AN ALARM TO
REMIND YOU TO
STRETCH DURING
THE DAY

15
FIND A SUNNY
SPOT INDOORS
AND SIT THERE
FOR 10 MINUTES

16
WORLD VOICE
DAY

17
LISTEN TO A LIVE
ONLINE CONCERT

18
FIND CREATIVE
WAYS TO USE THE
INGREDIENTS IN
YOUR KITCHEN

19
DO SOMETHING
NICE FOR
SOMEONE ELSE

20
THINK ABOUT
YOUR
IMPORTANCE

21
TAKE 10 DEEP
BREATHS

22
EARTH DAY

23
WORLD BOOK
DAY

24
CALL, SKYPE OR
WRITE A LETTER
TO SOMEONE

25
WATCH A FUNNY
MOVIE

26
NEWSLETTER
RELEASE

27
GIVE YOURSELF
PERMISSION TO BE
IMPERFECT

28
TRY A GUIDED
MEDITATION
USING AN ONLINE
RESOURCE

29
INTERNATIONAL
DANCE DAY

30
PLAY AN ONLINE
GAME WITH A
FRIEND

APRIL 2020

"Self-care means giving yourself permission to pause."

CECILIA TRAN



WWW.TEENHELP.ORG