

S

M

T

W

T

F

S



WWW.TEENHELP.ORG

AUGUST 2020

“What self-acceptance does is open up more possibilities of succeeding because you aren’t fighting yourself along the way.”

SHANNON ABLES



						1 NATIONAL BLACK BUSINESS MONTH
2 NATIONAL COLORING BOOK DAY	3 TRY NOT TO SELF-RATE YOURSELF	4 KNOW THAT PERFECTIONISM ISN'T REALISTIC	5 LEARN TO RECOGNISE WHAT CANNOT BE CHANGED	6 TREAT YOURSELF WITH PATIENCE	7 PURPLE HEART DAY	8 INTERNATIONAL CAT DAY
9 NEWSLETTER RELEASE	10 NATIONAL S'MORES DAY	11 CONSIDER HOW YOU CAN LEARN FROM A MISTAKE	12 INTERNATIONAL YOUTH DAY	13 INTERNATIONAL LEFT-HANDERS DAY	14 WRITE KIND NOTES TO YOURSELF	15 NATIONAL RELAXATION DAY
16 TELL A JOKE DAY	17 START A THOUGHT RECORD TO TRACK AND CHALLENGE THOUGHTS	18 THINK ABOUT YOUR STRENGTHS	19 WORLD PHOTO DAY	20 TRY A NEW ACTIVITY TO LEARN MORE ABOUT YOURSELF	21 EXHALE AND LET GO OF THINGS YOU CANNOT CHANGE	22 EMBRACE WHAT MAKES YOU, YOU
23 NEWSLETTER RELEASE	24 WORLD WATER WEEK	25 TRY A GUIDED SELF-ACCEPTANCE MEDITATION	26 INTERNATIONAL DOG DAY	27 THINK ABOUT WHAT ARE YOU GRATEFUL FOR ABOUT YOURSELF	28 TRY NOT TO COMPARE YOURSELF TO OTHERS	29 PRACTISE RELAXED AWARENESS
30 GRIEF AWARENESS DAY	31 TRY PRACTISING SELF-COMPASSION					