

1st of September

Self-Care Planner

Self-Care Idea

Go for a morning or evening walk.

You don't have to go far. If you're really busy, just go for a 5-minute walk around your neighborhood. You could also step into the backyard. Use the walk to get clarity. If possible, walk at sunrise or sunset. Really take in the beauty.

Journaling

Things to do for your self-care this month.

If this feels too broad, identify one simple thing you can do. Identify the times of the day you would have time for self-care, or when you need it the most. Consider activities that take 5-10 minutes to begin with.

Cozy Home Idea

Get fall-scented candles (apple, cinnamon, pear, or pumpkin).

Light the candles in the evening to help you unwind. Use the scents not only to create a relaxing feel at home, but also to get you looking forward to fall. Especially if you're not ready for summer to be over, this is a good activity to ease into the new season.

Time in Nature

Go on a photo walk in a park.

You can couple this with your evening walk, if you go at that time. You can either use the walk as an opportunity to look around, notice things, and take photos of them. Or set a specific thing you want to take a photo of to give the walk structure.

Inspiring Message

**New month, new you!
Make it count.**

Whatever this year has brought so far, September is an opportunity for a fresh start. Choose one thing that you want to define the 'new you' this month. It could be a daily routine, an outlook, a new outfit or haircut, or a change you're going to make.

Act of Kindness

Send a 'hope everyone is well, we got this' message to a group chat.

This simple activity can open the door to conversation, and remind you and your friend group that you're there for each other during this busy time.