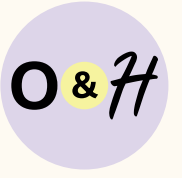


October At-Home Self-Care

Ideas for Cozy Nights In

S	M	T	W	T	F	S
27  Ordinary & Happy	28 	29 	30 	1 Try 15 minutes of journaling in the evening.	2 Do a 15-minute stretching or pilates session at home.	3 Watch the sunrise or sunset and think about some happy memories.
4 Put on a playlist you love and dance in the living room.	5 Catch up on your favorite TV show.	6 Try a DIY face mask.	7 Try 15 minutes of journaling in the morning.	8 Do a quick workout at home.	9 Try a foot soak with Epsom salts.	10 Work on a small DIY project you'd enjoy.
11 Meal prep or meal plan for the week.	12 Add some fairy lights to the living room or bedroom.	13 Catch up over a call with a loved one.	14 Try gratitude journaling, writing down things you're grateful for.	15 Look through some happy photos you have on your phone.	16 Watch a stand-up comedy special.	17 Host game night with friends at home.
18 Make your favorite brunch dish at home.	19 Write a list of your achievements this year.	20 Play your favorite songs to relax in the evening.	21 Try some dream & goal journaling.	22 Listen to audio of nature sounds (ocean, rain, etc).	23 Have a movie night at home and re-watch your favorite movie.	24 Read a book you've been meaning to read for a little while.
25 Take an afternoon nap.	26 Repeat some positive affirmations in the morning.	27 Make your favorite dinner or try something new.	28 Meditate for a few minutes in the evening.	29 Do a fun activity like solving puzzles, cross-words, doodling.	30 Make yourself a cup of your favorite tea and relax.	31 Visualize the perfect day.