

MONDAY 06

A Clean
PLACE
makes
A HAPPY
space

Time to
organize!

TUESDAY 07

Take **deep**
breaths, listen to
calming music.



WEDNESDAY 08



Connect and
communicate,
reach out to a
friend/relative!

THURSDAY 09

Being active helps
lift our mood,
reduces stress and
anxiety, improves
physical health and
gives us energy.

STAY HOME.
STAY ACTIVE.

FRIDAY 10

Watch your
favorite
movie, show.



SATURDAY 11



Dance
Draw
Color
Sing
Have **fun**,
be **creative**.

SUNDAY 12

Make a list of
things you are
grateful for.



NOTES

Eat,
Move,
Hydrate,
&
Sleep
Daily

Relax
Refresh
Recharge

APRIL

SELF-CARE
SPRING
BREAK

