

October Self Care

Name/ID _____

DON'T BE SPOOKED BY SELF CARE!

PHYSICAL



- ☐ Go trick-or-treating
- ☐ Dance around to Halloween/seasonal songs
- ☐ Take a walk to look at decorations
- ☐ Eat a piece of candy
- ☐ Take a hot shower

SPIRITUAL/PASSION



- ☐ Read for enjoyment
- ☐ Find an inspirational quote
- ☐ Disconnect from electronics
- ☐ Practice mindfulness
- ☐ Do something fun

SOCIAL



- ☐ Dress up
- ☐ Watch a Halloween/seasonal movie with family or friends
- ☐ Go to a haunted event
- ☐ Hand out candy
- ☐ Participate in a fundraiser

MENTAL



- ☐ Journal about how fall makes you feel
- ☐ Make a vision board
- ☐ Light fall-scented candles
- ☐ Sleep in
- ☐ Set boundaries

EMOTIONAL



- ☐ Engage in a hobby
- ☐ Listen to music
- ☐ Create a gratitude for fall list
- ☐ Start a new routine
- ☐ Make a memory

PRACTICAL



- ☐ Organize your clothes
- ☐ Donate unneeded items
- ☐ Do something on your to do list
- ☐ Go grocery shopping
- ☐ Do laundry