



FAIRFAX - FALLS CHURCH

**Community  
Services Board**

# Self-care:

**To take care of our mental, emotional,  
and physical health.**



## Wellness, Health Promotion, and Prevention

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please remember to physically distance yourself by at least 6 feet when around others in the community and wear a face covering mask. Stay Safe.</p>			<p>1 Practice positive self-talk. "I'm good at..."</p>	<p>2 Take a walk in your neighborhood.</p>	<p>3 Think about what you enjoy and take time to do it.</p>	<p>4 Listen to your favorite music.</p>
<p>5 Exercise for 30 minutes.</p>	<p>6 Do something to recharge.</p>	<p>7 Treat yourself to something special.</p>	<p>8 Drink enough water and make sure to eat well-balanced meals.</p>	<p>9 Spend time outside during the day and night. Enjoy the sun and stars.</p>	<p>10 Read a book.</p>	<p>11 Do your favorite activity.</p>
<p>12 Download the <a href="#">myStrength</a> app on your phone or computer.*</p>	<p>13 Make your favorite meal.</p>	<p>14 Think about something new that you want to do and research it.</p>	<p>15 Practice some mental challenges like crossword puzzles or sudoku.</p>	<p>16 Set a new goal for yourself.</p>	<p>17 Go to bed early.</p>	<p>18 Take a walk, jog or hike with a friend.</p>
<p>19 Practice meditation or prayer.</p>	<p>20 Learn a new skill.</p>	<p>21 Take deep breaths.</p>	<p>22 Work on something to enhance your career.</p>	<p>23 Practice gratitude.</p>	<p>24 International Self-Care Day!</p>	<p>25 Take a nap.</p>
<p>26 Organize a room in your house.</p>	<p>27 Write your feelings in a journal.</p>	<p>28 Turn your phone off.</p>	<p>29 Listen to nature.</p>	<p>30 Spend time doing your favorite hobby.</p>	<p>31 Stretch and dance.</p>	

**Self-care is important to maintain a healthy relationship with yourself, boost self-esteem, improve mood, reduce anxiety, manage stress, prevent illness and maintain a healthy lifestyle. Create a self-care checklist ✓; continue healthy habits.**

\*Download the **myStrength app**! It provides a safe, secure, and personalized set of tools to help support your mind, body, and spirit. With content for youth and adults, topics include coping, sleep, anxiety, substance use, loss of a loved one, and much more. To get started with this free app, visit [appv2.mystrength.com/go/ffccsb/csbcommunity](http://appv2.mystrength.com/go/ffccsb/csbcommunity); Click on 'Sign Up', and enter access code 'CSBCommunity'



Reasonable accommodations provided upon request; call 703-324-7000, TTY 711.

[www.fairfaxcounty.gov/csb](http://www.fairfaxcounty.gov/csb)

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