

Create a Calm Calendar

Choose one slowing down activity per day in support of your self care.



Take a family walk, whatever the weather.



Do something that brings you joy.



Cut one thing from your family's schedule.



Switch off your phone at 7pm for the night.



Seek out beauty.



Spend time as a family reading an inspiring book.



Write down something you want to let go of & burn it.



Reach out to an old friend.



Schedule in time to rest.



Play a board game with your child.



Practice mindfulness: tune into your senses throughout your day.



Get a good night's sleep.



Write yourself a letter, celebrating your and your child's successes.



Give your full attention to a conversation with your child.



Light a candle and give thanks for all the goodness in your life.



Stay away from shopping today.



intuition
wellness center
LEARN. GROW. THRIVE.