

A Strand of Hope Counseling LLC

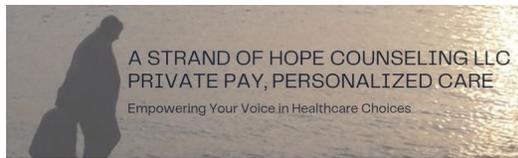
Jessica Elliott, Licensed Marriage and Family Therapist (LMFT)

2026 Self-Care Calendar



A STRAND OF HOPE COUNSELING LLC
PRIVATE PAY, PERSONALIZED CARE

Empowering Your Voice in Healthcare Choices



JANUARY 2026

MON	TUE	WED	THU	FRI	SAT	SUN

Pick 4 Physical self-care activities you'd like to add this month. Start with the easiest one first for the first week and in the second week add the next easiest. At the end of the month you should have started 4 habits.

PHYSICAL SELF-CARE

PHYSICAL SELF CARE IS A FORM OF SELF TRUST. EACH GENTLE CHOICE TELLS YOUR BODY, 'I AM PAYING ATTENTION.'

TAKE A LONG, RELAXING BATH

GO FOR A WALK OR HIKE IN NATURE

PRACTICE YOGA OR STRETCHING

TRY A NEW WORKOUT OR FITNESS CLASS

GET A MASSAGE OR SPA TREATMENT

COOK A HEALTHY AND NOURISHING MEAL

TAKE A NAP OR REST WITHOUT DISTRACTIONS

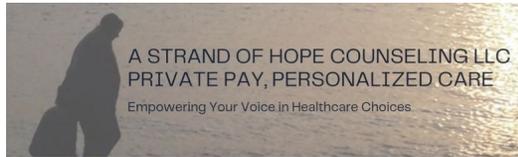
PRACTICE DEEP BREATHING OR MEDITATION

TRY AROMATHERAPY

DANCE TO YOUR FAVORITE MUSIC

DRINK WATER

REFLECTIONS:



FEBRUARY 2026

MON	TUE	WED	THU	FRI	SAT	SUN

Pick 4 Emotional self-care activities you'd like to add this month. Start with the easiest one first for the first week and in the second week add the next easiest. At the end of the month you should have started 4 habits.

EMOTIONAL SELF-CARE

EMOTIONAL SELF CARE IS ALLOWING YOUR FEELINGS TO EXIST WITHOUT JUDGMENT AND OFFERING YOURSELF THE SAME COMPASSION YOU WOULD GIVE SOMEONE YOU LOVE.

JOURNAL YOUR THOUGHTS AND FEELINGS

PRACTICE SELF-COMPASSION AND POSITIVE SELF-TALK

SET BOUNDARIES IN YOUR RELATIONSHIPS

EXPRESS YOUR EMOTIONS THROUGH ART OR WRITING

LISTEN TO SOOTHING MUSIC/PODCASTS

WATCH A FEEL-GOOD MOVIE OR TV SHOW

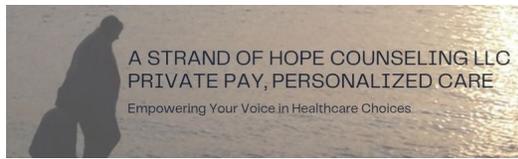
SPEND TIME WITH A PET OR ANIMALS

CONNECT WITH FRIENDS OR LOVED ONE

PRACTICE GRATITUDE BY WRITING IN A GRATITUDE JOURNAL

FORGIVE YOURSELF FOR PAST MISTAKES OR SHORTCOMINGS

REFLECTIONS:



MARCH 2026

MON	TUE	WED	THU	FRI	SAT	SUN

Pick 4 Mental self-care activities you'd like to add this month. Start with the easiest one first for the first week and in the second week add the next easiest. At the end of the month you should have started 4 habits.

MENTAL SELF-CARE

MENTAL SELF CARE IS CREATING SPACE BETWEEN YOUR THOUGHTS AND YOUR WORTH SO YOUR MIND CAN REST WITHOUT NEEDING TO PROVE ANYTHING.

SOLVE PUZZLES OR PLAY BRAIN GAMES

LEARN SOMETHING NEW (LANGUAGE/SKILL)

DECLUTTER AND ORGANIZE YOUR LIVING SPACE

CREATE A VISION BOARD OR SET NEW GOALS

PRACTICE MINDFULNESS OR MEDITATION

LIMIT SCREEN TIME AND TAKE DIGITAL DETOX BREAKS

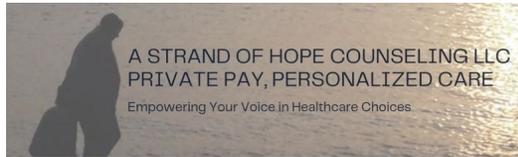
DO A CROSSWORD OR SUDOKU

WRITE DOWN OUR WORRIES AND BRAINSTORM SOLUTIONS

ENGAGE IN STIMULATING CONVERSATIONS OR DEBATES

READ A BOOK OR LISTEN TO AUDIOBOOK

REFLECTIONS:



APRIL 2026

MON	TUE	WED	THU	FRI	SAT	SUN

Pick 4 Social self-care activities you'd like to add this month. Start with the easiest one first for the first week and in the second week add the next easiest. At the end of the month you should have started 4 habits.

SOCIAL SELF-CARE

SOCIAL SELF CARE IS CHOOSING CONNECTION THAT FEELS SAFE AND RECIPROCAL, AND ALLOWING DISTANCE WHERE YOUR NERVOUS SYSTEM NEEDS RELIEF.

HAVE A VIRTUAL OR IN-PERSON
COFFEE DATE WITH A FRIEND

JOIN A CLUB OR GROUP WITH
SHARED INTERESTS

VOLUNTEER FOR A CAUSE YOU CARE
ABOUT

ATTEND A WORKSHOP, SEMINAR, OR
COMMUNITY EVENT

REACH OUT TO SOMEONE YOU
HAVEN'T SPOKEN TO IN A WHILE

PLAN A FUN OUTING OR
ADVENTURE WITH FRIEND/FAMILY

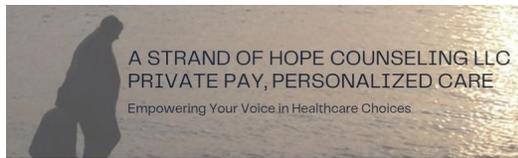
HOST A SMALL GATHERING OR
DINNER PARTY

ATTEND A CULTURAL OR SOCIAL
EVENT IN YOUR COMMUNITY

PARTICIPATE IN GROUP FITNESS
CLASSES OR SPORTS ACTIVITIES

COLLABORATE ON A CREATIVE
PROJECT WITH OTHERS

REFLECTIONS:



MAY 2026

MON	TUE	WED	THU	FRI	SAT	SUN

Pick 4 Spiritual self-care activities you'd like to add this month. Start with the easiest one first for the first week and in the second week add the next easiest. At the end of the month you should have started 4 habits.

SPIRITUAL SELF-CARE

SPIRITUAL SELF CARE IS RECONNECTING WITH MEANING IN A WAY THAT FEELS AUTHENTIC, SUPPORTIVE, AND GROUNDING TO WHO YOU ARE RIGHT NOW.

PRACTICE PRAYER, MEDITATION, OR REFLECTION

ATTEND RELIGIOUS OR SPIRITUAL SERVICES

SPEND TIME IN NATURE AND APPRECIATE ITS BEAUTY

CREATE A SACRED SPACE IN YOUR HOME

ENGAGE IN ACTS OF KINDNESS AND COMPASSION

PRACTICE FORGIVENESS AND LETTING GO OF RESENTMENT

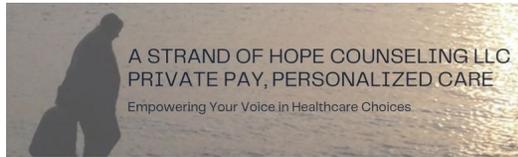
READ SPIRITUAL TEXTS OR INSPIRATIONAL QUOTES

CONNECT WITH A SPIRITUAL MENTOR OR ADVISOR

REFLECT ON YOUR VALUES AND LIFE PURPOSE

PRACTICE GRATITUDE FOR THE BLESSINGS IN YOUR LIFE

REFLECTIONS:



JUNE 2026

MON	TUE	WED	THU	FRI	SAT	SUN

Reset. Pick 4 self-care activities you'd like to return to this month that dropped off. Start with the easiest one first for the first week and in the second week add the next easiest. At the end of the month you should have started 4 habits.

RESET YOUR SELF-CARE

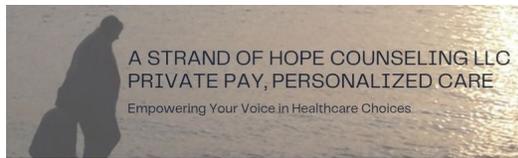
RESETTING YOUR SELF CARE IS NOT STARTING OVER. IT IS GENTLY RETURNING TO YOURSELF WITH CURIOSITY INSTEAD OF CRITICISM.

REFLECT ON THE SELF CARE ACTIVITIES YOU'VE STARTED BUT FELL OFF AND ASSESS WHICH 4 TAKE PRIORITY AND JUMP BACK IN WHERE YOU LEFT OFF AND DON'T START OVER.

1. _____
2. _____
3. _____
4. _____

IT'S OKAY TO BEGIN AGAIN, IT'S OKAY TO PICK UP WHERE YOU LEFT OFF. IT'S OKAY TO SKIP A DAY AND CONTINUE WHERE YOU WOULD HAVE BEEN OR TO CONTINUE WHERE YOU LEFT OFF. IT'S OKAY.

REFLECTIONS:



JULY 2026

MON	TUE	WED	THU	FRI	SAT	SUN

Pick 4 Sensory self-care activities you'd like to add this month. Start with the easiest one first for the first week and in the second week add the next easiest. At the end of the month you should have started 4 habits.

SENSORY SELF-CARE

SENSORY SELF CARE IS USING SOUND, TOUCH, SCENT, AND MOVEMENT TO REMIND YOUR NERVOUS SYSTEM THAT IT IS SAFE IN THIS MOMENT.

LIGHT SCENTED CANDLES OR
INCENSE

LISTEN TO ASMR OR SOOTHING
SOUNDS

ENJOY A HOT CUP OF HERBAL TEA
OR COCOA

GET A COZY BLANKET AND
SNUGGLE UP

WATCH THE SUNRISE OR SUNSET

HAVE A PICNIC IN A PARK OR
GARDEN

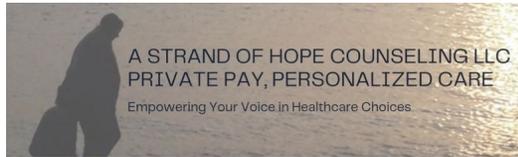
VISIT A BOTANICAL GARDEN OR
FLOWER SHOP

LISTEN TO CALMING MUSIC OR
NATURE SOUNDS

TRY A GUIDED VISUALIZATION

USE A WEIGHTED BLANKET FOR
COMFORT

REFLECTIONS:



AUGUST 2026

MON	TUE	WED	THU	FRI	SAT	SUN

Pick 4 Creative self-care activities you'd like to add this month. Start with the easiest one first for the first week and in the second week add the next easiest. At the end of the month you should have started 4 habits.

CREATIVE SELF-CARE

CREATIVE SELF CARE IS GIVING YOUR INNER EXPERIENCE A PLACE TO MOVE AND BE EXPRESSED WITHOUT THE PRESSURE TO PERFORM OR PRODUCE.

PAINT, DRAW, OR SKETCH
SOMETHING

WRITE POETRY OR SHORT STORIES

TAKE UP PHOTOGRAPHY AND
CAPTURE MOMENTS

LEARN TO PLAY A MUSICAL
INSTRUMENT

CREATE A SCRAPBOOK OR MEMORY
BOOK

TRY POTTERY OR CERAMICS

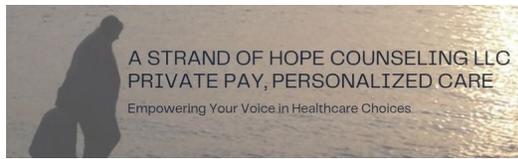
DO DIY PROJECTS OR CRAFTS

COOK OR BAKE A NEW RECIPE

DESIGN AND DECORATE YOUR
LIVING SPACE

START A BLOG OR WRITE IN A
JOURNAL

REFLECTIONS:



SEPTEMBER 2026

MON	TUE	WED	THU	FRI	SAT	SUN

Pick 4 Financial self-care activities you'd like to add this month. Start with the easiest one first for the first week and in the second week add the next easiest. At the end of the month you should have started 4 habits.

FINANCIAL SELF-CARE

FINANCIAL SELF CARE IS TENDING TO YOUR MONEY WITH HONESTY AND COMPASSION, SO IT BECOMES A SOURCE OF SUPPORT RATHER THAN CHRONIC STRESS.

CREATE A BUDGET OR FINANCIAL PLAN
 REVIEW AND ORGANIZE YOUR FINANCIAL DOCUMENTS

SAVE MONEY BY COOKING AT HOME
 TREAT YOURSELF TO A SMALL, AFFORDABLE LUXURY
 PLAN FOR FUTURE FINANCIAL GOALS OR INVESTMENTS

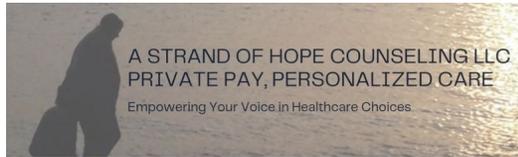
TRACK YOUR EXPENSES AND IDENTIFY AREAS TO SAVE
 RESEARCH AND COMPARE FINANCIAL PRODUCTS

SET UP AUTOMATIC PAYMENTS OR SAVINGS DEPOSITS

LEARN ABOUT PERSONAL FINANCE AND INVESTING

PRACTICE MINDFUL SPENDING AND PRIORITIZE NEEDS OVER WANTS

REFLECTIONS:



OCTOBER 2026

MON	TUE	WED	THU	FRI	SAT	SUN

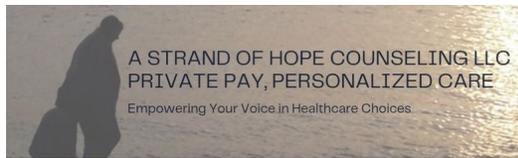
Pick 4 Career/Professional self-care activities you'd like to add this month. Start with the easiest one first for the first week and in the second week add the next easiest. At the end of the month you should have started 4 habits.

CAREER SELF-CARE

CAREER SELF CARE IS SETTING BOUNDARIES THAT PROTECT YOUR ENERGY SO YOUR WORK CAN REMAIN SUSTAINABLE AND ALIGNED WITH YOUR VALUES.

- UPDATE YOUR RESUME OR LINKEDIN PROFILE
- SET CAREER GOALS AND CREATE AN ACTION PLAN
- ATTEND A NETWORKING EVENT OR PROFESSIONAL WORKSHOP
- DELEGATE TASKS AND PRIORITIZE YOUR WORKLOAD
- TAKE BREAKS DURING WORK HOURS TO RECHARGE
- LEARN NEW SKILLS OR ENROLL IN PRO DEVELOPMENT CLASSES
- SEEK MENTORSHIP OR CAREER COACHING
- CELEBRATE YOUR ACCOMPLISHMENTS & MILESTONES
- CREATE A VISION BOARD FOR YOUR CAREER ASPIRATIONS
- SET BOUNDARIES BETWEEN WORK AND PERSONAL LIFE

REFLECTIONS:



NOVEMBER 2026

MON	TUE	WED	THU	FRI	SAT	SUN

ENVIRONMENTAL SELF-CARE

ENVIRONMENTAL SELF CARE IS SHAPING YOUR SURROUNDINGS IN WAYS THAT SUPPORT CALM, CLARITY, AND A SENSE OF EMOTIONAL SAFETY.

DECLUTTER AND ORGANIZE YOUR
WORKSPACE

PLANT A GARDEN OR CARE FOR
INDOOR PLANTS

REDUCE WASTE AND RECYCLE
ITEMS

USE ECO-FRIENDLY PRODUCTS AND
PRACTICES

CREATE A CALMING AND INSPIRING
HOME ENVIRONMENT

SPEND TIME IN NATURAL SETTINGS
(PARKS, BEACHES, FORESTS)

MINIMIZE EXPOSURE TO
ENVIRONMENTAL TOXINS

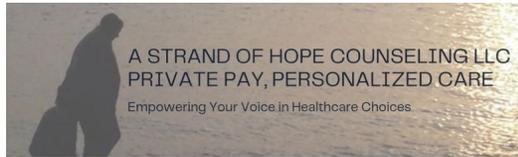
SUPPORT LOCAL AND SUSTAINABLE
BUSINESSES

PRACTICE MINDFUL CONSUMPTION

REDUCE EXCESS

Pick 4 Environmental self-care activities you'd like to add this month. Start with the easiest one first for the first week and in the second week add the next easiest. At the end of the month you should have started 4 habits.

REFLECTIONS:



DECEMBER 2026

MON	TUE	WED	THU	FRI	SAT	SUN

Renew and Reset. Pick 4 self-care activities that dropped off throughout the year that you'd like to add this month. Start with the easiest one first for the first week and in the second week add the next easiest. At the end of the month you should have started 4 habits.

It isn't how many times you fall down but how many times you pick yourself back up.

RENEW YOUR SELF-CARE
 RENEWING SELF CARE IS NOT ABOUT CATCHING UP OR FIXING WHAT WAS MISSED. IT IS ABOUT RETURNING TO WHAT ONCE SUPPORTED YOU AND ALLOWING IT TO MEET YOU WHERE YOU ARE NOW.

RENEW AND RESET YOUR SELF CARE, JUST LIKE IN JUNE. PICK THE 4 SELF CARE ACTIVITIES THAT YOU MOST WANT TO HAVE IN YOUR DAYS THAT FELL OFF YOUR ROUTINE. JUMP IN WHERE YOU LEFT OFF, OR IF YOU START OVER DON'T SHAME YOURSELF FOR STARTING OVER BUT SEE IT AS A NEW BEGINNING. THIS IS ABOUT REVIEWING WHAT'S MOST IMPORTANT TO YOU.

1. _____
2. _____
3. _____
4. _____

REFLECTIONS:
