

May 2026

Well-Being Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Write Down One Strength You Bring To Your Work.	2 Accept A Compliment Without Deflecting It.
3 Speak Kindly To Yourself After A Mistake	4 Take Your Full Break. No Multitasking.	5 End Today Without Replaying It.	6 Give Yourself Credit For Showing Up Today.	7 Let One Task Be "Good Enough."	8 Happy Provider Appreciation Day! 	9 Stop Doing One Thing That Isn't Required.
10 Self-Care Sunday: Be Extra Gentle With Yourself Today.	11 Let Your Body Relax Into The Chair Or Floor.	12 Notice When You're Overthinking. Pause It.	13 Mid-Month Check-In! How Are You Feeling?	14 Do One Thing That Helps Your Mood.	15 Give Yourself Permission To Feel How You Feel.	16 Celebrate A Small Win From This Week.
17 Practice A Mindful Way To Refresh, Recharge, and Rejuvenate.	18 Notice The Impact Of Your Work Today.	19 Close The Day By Naming One Thing You Handled Well.	20 Acknowledge A Skill You Use Every Day.	21 Be The Calm, Light Voice In A Stressful Situation.	22 Create a Safe Space with Sound & Aromatherapy.	23 Identify One Expectation You Can Soften.
24 Do One Thing Today That Will Make The Rest Of Your Week Easier.	25 Do One Small Thing That Makes Tomorrow Easier.	26 Exhibit Patience, Even If You're In A Hurry.	27 Notice Positive Traits About Your Yourself & Colleagues.	28 Ask For Help, Or Accept It.	29 Notice How Often You Say "Yes" Automatically. Pause Once.	30 Reflect: What Supported Your Well-Being Most?

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Remind Yourself That Your Presence Matters.


Be Well. Care Well.


South Carolina Program For Infant/Toddler Care