|  |
| --- |
| Self-Care September: A-Z in 1, 2, 3…  *2024* |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 1 | 2 | 3  Debunk Self-Care [Myths](https://www.socialworker.com/feature-articles/self-care/self-care-a-z-5-harmful-self-care-myths/) NOW | 4 | 5 | 6 | 7 |
| It’s time to  [RESET](https://www.socialworker.com/feature-articles/self-care/september-professional-self-care-re-set/) self-care | [Aha](https://www.socialworker.com/feature-articles/self-care/aha-self-care-means-taking-care-of-my-self/)! Self-Care is how we care for ourselves | Self-Care [ARC](https://www.socialworker.com/feature-articles/self-care/arc-self-care-appreciate-recognize-construct/) | Self-Care: [Maybe It’s Me?](https://www.socialworker.com/feature-articles/self-care/maybe-its-me/) | Self-Care: How we get our [JOY](https://www.socialworker.com/feature-articles/self-care/reclaiming-my-joy-dancing-midst-of-the-furnace/) back | Self-Care: from Self-Less to [Self-FULL](https://www.socialworker.com/feature-articles/self-care/moving-self-less-to-self-full/) |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| [Grand Rules](https://www.socialworker.com/feature-articles/self-care/self-care-grand-rules/) for Self-Care | Self-Care: [Wake Up from Career Sleepwalking](https://www.socialworker.com/feature-articles/self-care/wake-up-career-sleepwalking-professional-self-care/) | Try a new [Lens for “C”ing](https://www.socialworker.com/feature-articles/self-care/c-ing-stress-changing-the-lens-from-personal-problems-to-positive-powerful-possibilities/) Self-Care | |  | | --- | | [Be](https://www.socialworker.com/feature-articles/self-care/soul-centered-self-care/) | |  | |  | | Self-Care includes [grief](https://www.socialworker.com/feature-articles/self-care/grief-as-self-care/) | [Liberatory](https://www.socialworker.com/feature-articles/self-care/self-care-sociopolitical-liberation-black-women/) Self-Care | Self-Care in a [Crisis](https://www.socialworker.com/feature-articles/self-care/self-care-strategies-coronavirus-crisis-lessons-administrator/) (& beyond) |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| [Should Shonda vs. Self-Care Shonda](https://www.socialworker.com/feature-articles/self-care/should-shonda-self-care-shonda-which-are-you/) | [Financial](https://www.socialworker.com/feature-articles/self-care/self-care-a-z-four-financial-self-care-critical-considerations/) Self-Care adds up | [Elemental](https://www.socialworker.com/feature-articles/self-care/self-care-is-elemental/) Self-Care | Re-claiming Self-Care in the [Dark](https://www.socialworker.com/feature-articles/self-care/self-care-in-the-dark/) | Self-Care [doesn’t always feel good](https://www.socialworker.com/feature-articles/self-care/think-self-care-always-feels-good/) | Be [Mindful](https://www.socialworker.com/feature-articles/self-care/mindful-lifestyle/) of Self-Care | Self-Care: It’s for [Humans](https://www.socialworker.com/feature-articles/self-care/self-care-for-humans/) |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Welcome [Autumn](https://www.socialworker.com/feature-articles/self-care/autumn-self-care-simply-slowing-down-gently-letting-go-reflectively-taking-stock/)! | Self-Care:  [POP](https://www.socialworker.com/feature-articles/self-care/prioritize-organize-partialize-to-stay-motivated-self-care/) to it! | But, I [Love my JOB](https://www.socialworker.com/feature-articles/self-care/self-care-a-z-practicing-self-care-especially-when-you-love-your-social-work-job/) | [Home-making:](https://www.socialworker.com/feature-articles/self-care/home-making-as-self-care/) Unrecognized Self-Care | Self-Care: Finding [Solitude](https://www.socialworker.com/feature-articles/self-care/finding-solitude-covid-19-quarantine-resurged-my-self-care/) | Self-Care:  [Anchor in Awe](https://www.socialworker.com/feature-articles/self-care/learning-to-befriend-nervous-system-using-anchor-of-awe/) | Self-Care: [Resiliency](https://www.socialworker.com/feature-articles/self-care/self-care-lifeline-resiliency/) |
| 29  Self-Care [Rituals](https://www.socialworker.com/feature-articles/self-care/self-care-finding-meaning-rituals/) | 30  Let’s [Re-Story Self-Care](https://www.socialworker.com/feature-articles/self-care/self-care-a-z-restorying-self-care/) | Bonus—  Self-Care: Review [“R” essentials](https://www.socialworker.com/feature-articles/self-care/r-essential-aspects-self-care/) | *In this “new year” of self-care, use our A-to-Z blog and book to sustain your self-care!* | [https://images-na.ssl-images-amazon.com/images/I/51hNQj6KsAL._SX311_BO1,204,203,200_.jpg](https://www.amazon.com/Self-Care-Handbook-Workers-Helping-Professionals/dp/1929109539/ref=sr_1_2?dchild=1&keywords=grise-owens&qid=1630071602&sr=8-2) |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |