



October is National Depression & Mental Health Screening Month

Self-care calendar

Make time to take care of you this month! This self-care calendar offers activities to help combat depression symptoms and improve your mood. Use the blank spaces for your own activities.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Give a stranger a compliment	Make your bed		Try a new recipe	Write a list of 10 things you're grateful for	Take a walk outside	Treat yourself to dessert
Spend time with a loved one	Listen to a podcast	Watch a favorite show	Try a new activity	Journal	Read a good book	
Write and send a letter to someone	Plan something exciting	Work on a puzzle	Listen to your favorite song		Move your body with a favorite activity	Talk with a friend
	Eat your favorite snack	Draw	Play with your pet	Run a small errand	Do something nice for someone	Play a board game
Take a nap	Listen to a new musician		Take a hike in nature	Skip the dishes and order takeout	Take a mental health day	Forgive yourself for something



Help is available. Visit your Employee Assistance Program member website, Member.MagellanHealthcare.com, or call 1-800-356-7089 (TTY 711).

