



**365 Days of
Self-Care,
Random Acts of Kindness
and Senseless Beauty**

(Adapted from 1978 version, Mental Health Association of Oregon)

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January



1 Stretch. 2 Enjoy

silence. 3 Imagine yourself

living 100 years ago. 4 Shine, even if the sun doesn't.

5 Answer a letter. 6 Lose a pound. 7 Pay a debt. 8 Feed the birds. 9 Sort things through. 10 Accept a compliment. 11 Give away something you like. 12 Daydream. 13 Walk to the nearest park. 14 Share a task. 15 Beat your own record. 16 Read a classic. 17 Sleep in. 18 Adopt a grandparent. 19 Break a habit.

20 Really look at the sky. 21 Get to know the neighbor's dog. 22 Resist the temptation to criticize. 23 Talk to a house plant. 24 Read the want-ads. 25 Have a pillow fight. 26 Take a picture. 27 Get some exercise. 28 Do one thing you'll be proud of. 29 Eat with chopsticks.

30 Ask for a backrub.

31 Bake bread.

February



1 Smile at yourself in the mirror.

2 Keep a secret. 3 Blow bubbles. 4 Phone a friend.

5 Visit a museum. 6 cuddle a child. 7 Express your thanks. 8 Try a new road. 9 Imagine the roar of the ocean. 10 Practice courage in one small way.

11 Run an errand for someone. 12 Decide what's important to you today.

13 Oil a squeak. 14 Warm a heart. 15 Plant a tree. 16 Don't worry about money today. 17 Read an amusing book. 18 Skip rope. 19 Go on a winter picnic.

20 Plant a grapefruit seed. 21 Dry an eye. 22 Laugh at yourself. 23 Watch the sun rise. 24 Work a puzzle. 25 Look for special postage stamps.

26 Sleep on it. 27 Stand up for someone else's rights.

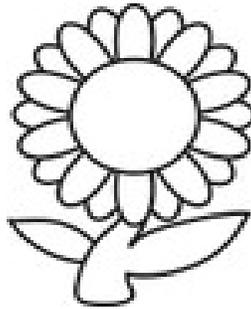
28 Sing a song. 29 (Leap Year Day) Do your own

thing – the one special thing that makes

you feel right about yourself

and the world.

March



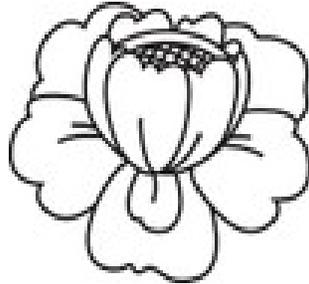
1 Curl up before an open
fire. 2 Let go of the problem you can't solve. 3 Buy
a ticket to a special event. 4 have a taffy pull. 5 Enjoy a silly
moment. 6 Call a friend you've been meaning to call. 7 Clean out the garage.
8 Rock a baby. 9 Return something you've borrowed. 10 Think about droplets
on rosebuds. 11 Try to feel another person's hurt (or joy). 12 Walk through the
woods with someone. 13 Ask a stupid question. 14. Mind your tongue. 15 Share
your favorite book. 16 Organize some small corner of your life. 17 Hum an Irish
tune. 18 Learn a new word. 19 Write your Congressperson. 20 Beat yourself
at solitaire. 21 Beachcomb after a storm. 22 Make a change. 23 Breathe
deeply for three minutes. 24 Look up at the rain. 25 Pop popcorn.
26 Dance! 27 Tickle a funny-bone. 28 Turn off the TV and
talk. 29 Encourage someone. 30 Consider your good
points. 31 Paint a picture – even if you
can't paint.

April



- 1 Take time to touch the morning.
- 2 Sing in the shower.
- 3 Clean out a dresser drawer.
- 4 Share a funny story.
- 5 Take a child to a park.
- 6 Watch a rainbow until it fades.
- 7 Show your gratitude.
- 8 Talk with your hands.
- 9 Put up a birdhouse.
- 10 List ten things you do well.
- 11 Write down your family tree.
- 12 Welcome a newcomer.
- 13 Do what makes you feel good about yourself.
- 14 Be with someone.
- 15 Catch a late show.
- 16 Be gracious.
- 17 Explore a junk shop.
- 18 Like yourself.
- 19 Write a letter to someone you miss.
- 20 Walk in the rain.
- 21 Pay a compliment.
- 22 Throw away something you don't like.
- 23 Pretend.
- 24 Try a new menu.
- 25 Watch a construction crew.
- 26 Stand on your head.
- 27 Do that "nasty job" you've been putting off.
- 28 Pull some weeds.
- 29 Go somewhere you've never been.
- 30 Waste a little time.

May



1 Plant a flower.

2 Put yourself out for someone.

3 Really listen. 4 Laugh out loud. 5 Be honest with yourself.

6 Take the chance. 7 Share a joke with someone very old (or very young).

8 Watch the grass grow. 9 Go a different way. 10 Fly a kite. 11 Take a long walk with a friend. 12 Do one thing well. 13 Acknowledge when you are wrong.

14 Make some music. 15 Volunteer some time to a good cause. 16 give yourself a present. 17 Build a sandcastle. 18 Be grateful. 19 Slow down. 20 Spruce up.

21 Say "I love you." 22 Have breakfast in bed. 23 Be aware of your strength.

24 Exercise a talent. 25 Have a picnic. 26 Give your smile to someone.

27 Let someone do you a favor. 28 Try to understand.

29 Re-read a favorite book. 30 Hug someone.

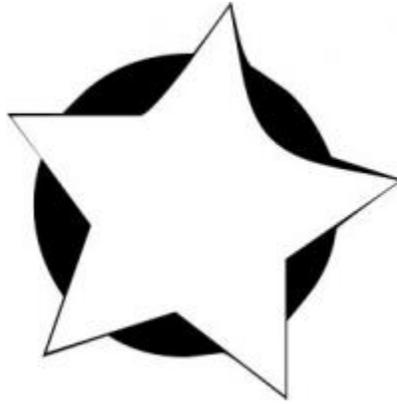
31 Whistle.

June



- 1 Take an early morning walk.
- 2 Tell someone how much you appreciate them.
- 3 Sit by a rushing stream.
- 4 Mend a quarrel.
- 5 Look into the heart of a rose.
- 6 Look at old photos.
- 7 Encourage a young person.
- 8 Close your eyes when you chew.
- 9 Plan a country outing.
- 10 Pound out a dent.
- 11 Look at the stars and find the Big Dipper.
- 12 Follow an impulse.
- 13 Watch children play.
- 14 Visit a lonely person.
- 15 Be good to yourself.
- 16 Talk to a pet.
- 17 Photograph a friend.
- 18 Run down a hill.
- 19 Write a poem.
- 20 Lick a lollipop.
- 21 Start a new project.
- 22 Praise a job well done.
- 23 Remember a smile.
- 24 Go fishing.
- 25 Make a new acquaintance.
- 26 Watch the clouds change shape.
- 27 Get the job done.
- 28 Let your happiness show.
- 29 Walk barefoot.
- 30 Recycle.

July



1 Lie on the grass.

2 Take time to talk to neighborhood children.

3 Go for a swim. 4 Join the parade. 5 Find a cool spot.

6 Treat the family like company. 7 Do something hard to do.

8 Learn a new song. 9 Overcome a fear. 10 Listen to night sounds.

11 Find beauty in a dandelion. 12 Ask a favor of a friend. 13 Walk in the summer rain. 14 Let go of your guilt. 15 Sit in a tree. 16 Invite the neighbors in. 17 Picture yourself at age three. 18 Eat your favorite food. 19 Don't do something – sit there!

20 Press a four-leaf clover. 21 Rearrange a room. 22 Enjoy a grateful heart. 23 Get up before anyone else. 24 Appreciate your feet. 25 Sew on that button.

26 Let someone love you. 27 Hum the song in your heart. 28 Play

kick the can. 29 Pick berries. 30 Drop a quarter where someone

will find it. 31 Take a flower

to a friend.

August



1 Run on the beach.

2 Learn something new. 3 Surprise a child.

4 Listen to the dawn. 5 Take the bus. 6 Roast marshmallows.

7 Jar yourself loose. 8 Communicate without words. 9 Run through a sprinkler.

10 Visit an old neighbor. 11 Wiggle your toes. 12 Pick up litter. 13 Eat corn on the cob. 14 Give a dog a bone. 15 Read a mystery without peeking to see who-done-it.

16 Look outward. 17 Lie in the sun. 18 Play tag with a butterfly.

19 Consider other people's good points. 20 Ride a merry-go-round.

21 Be a bird-watcher. 22 Start writing that book. 23 Allow yourself to make a mistake. 24 Watch the sun set.

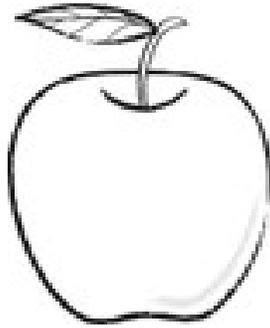
25 Give up a habit you don't like. 26 Keep a promise. 27 Whisper to a hummingbird.

28 Make a surprise gift. 29 Allow yourself another mistake.

30 Go to a fair.

31 Indulge.

September



1 Listen to a
sea shell. 2 Think.

3 Greet a new neighbor. 4 Look at the
moon through binoculars. 5 Make up your mind.

6 Sign up for a class. 7 Eat a prune. 8 Meet someone more than
halfway. 9 Throw a frisbee. 10 Study a dew-laden cobweb. 11 Do something
you've always wanted to do. 12 Hug a fir tree. 13 Concentrate. 14 Climb a hill.
15 Trust your judgment. 16 Remember a birthday. 17 Walk briskly. 18 Pet a rock.

19 Ask a friend to lunch. 20 Yodel. 21 Finish a task. 22 Repay a kindness
through someone else. 23 Choose to be happy. 24 Say no. 25 Let the
phone ring. 26 Contact someone you're thinking about.

27 Say yes. 28 Smile at your reflection
while window shopping.

29 Dance a little jig.

30 Meditate.

October



1 Make a list.

2 Fight for a principle.

3 Sail a paper airplane. 4 Smile for no reason.

5 Put flowers on the table. 6 Feed the ducks. 7 Refuse to worry for one day. 8 Do a favor for someone. 9 Jump in a pile of leaves. 10 Make up a cartoon. 11 Appreciate trees. 12 Share a pleasant thought. 13 Plant a tulip. 14 Tell someone you love them, again and again. 15 Feel the wind. 16 Hold a hand. 17 Take a rainy-day nap. 18 Watch a craftsman at work. 19 Split a difference. 20 Go for a walk with children. 21 Correct a mistake, even if it's not yours. 22 Plan one thing for tomorrow. 23 Tell someone how you feel. 24 Crunch a juicy apple.

25 Show some tenderness. 26 Relax your demands.

27 Listen to what you hear. 28 Pamper yourself.

29 Live for today. 30 Write a song.

31 Make a jack-o-lantern.

November



- 1 Change your hair style.
- 2 Use a new word.
- 3 Open up to the person closest to you.
- 4 Watch the leaves blow.
- 5 Write a letter to the editor.
- 6 Lend an ear.
- 7 Stand in for a friend.
- 8 Frame a picture.
- 9 Hike a mile.
- 10 cheer for the home team.
- 11 Challenge yourself.
- 12 Forget an old grudge.
- 13 Go to a rummage or garage sale.
- 14 Crack nuts.
- 15 Play a game.
- 16 Take yourself to lunch.
- 17 Help a stranger.
- 18 Go to the library.
- 19 Try a new food.
- 20 Laugh as loudly as you can.
- 21 Rake leaves.
- 22 Be thankful.
- 23 Sit on the floor and read the dictionary.
- 24 Stand up for your ideals.
- 25 Ask an older person what he or she thinks.
- 26 Help a good cause.
- 27 Keep quiet.
- 28 Listen to the rain on the roof.
- 29 Adopt a stray.
- 30 Take the risk.

December



1 Sleep late.

2 Start a tradition.

3 Polish your shoes. 4 Ask for help.

5 Keep it simple. 6 Do something nice for someone.

7 Blow up a balloon and turn it loose. 8 Jump for joy.

9 Read a label. 10 Make your own candles. 11 Walk instead of ride.

12 Have company. 13 Give yourself a compliment. 14 Stand in the other guy's shoes. 15 Send for travel folders. 16 Make faces in the mirror. 17 Put seed in the

bird feeder. 18 Search out a long-lost friend. 19 Laugh with your family.

20 Slow way down. 21 Play up your best qualities. 22 Open the door.

23 Take the time to answer a question. 24 Read a poem aloud.

25 Look at the stars. 26 Be a gracious receiver.

27 Visit a shut-in. 28 Yell at the top of your

lungs. 29 Cry a little. 30 Listen to a

classic. 31 Toast happy

memories.