

February

2024

NBSRT Wellness Ideas

Self-Care & Movement Month

The month of February can be a struggle for many. It is a time where the weather along with dark mornings and early evenings can begin to get one down. The key is to make the month one that will focus on your self-care and personal movement. Place activities into your daily life that will make you feel valued and appreciated. See how many you can achieve in this short month.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Place some music and movement into your day!	Movie Night: At home or at the theatre @ popcorn	Explore your local library – find a book, magazine &
4	5	6	7	8	9	10
Plan a meal: put together your favourite dish	Hit the gym – either at home or at your local	Go for a lunchtime walk to brighten your	Snack on some chocolate – remember: just a little	Buy yourself a small item that sparks joy!	Eat more Fruit! Add this into your 10 daily servings	Have a nap – like many, you can use that snooze to
11	12	13	14	15	16	17
Wash your hands – it is flu season *do this	Get or book a massage – great for physical &	Cut back on salt! This will impact your blood	Call a friend or love one and share your love	Plan a DIY project – just a small one	Pizza Night – try making the dough from scratch	Add more water to your diet. Are you at 10 glasses
18	19	20	21	22	23	24
Nature walk – see what wild life you can find	Visit a new coffee shop – it may become your	Get a head start on Spring Cleaning	Spoil your Pet, if no pet, spoil yourself!	Volunteer for any cause that is of interest	Watch a romantic movie	Donate your gently used clothing to the local thrift
25	26	27	28	29		
Write out 10 things you are grateful for	Check out a new fitness class	Engage in your hobby or look for one to try	Create your bucket list for next month	Relax – put your feet up and reflect on the month		

February can sometimes be a challenge as the winter drags on. However, by planning some simple and fun activities, you can motivate yourself to make the most of it. The NBSRT Wellness Team hope that you found some of the above ideas inspiring and maybe use them as a spark to get you focused on your self-care and injecting some movement into your daily life.