



Balance

Scan the QR code at the end of the month to share a highlight!



May

Managing stress and mental energy

2026 daily self-care calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Say "no" to one non-essential request today.	2 Get a house plant. Exposure to plants can boost your mood.
3 Journal prompt: Make a list of what drains you and what helps you feel restored.	4 Take a few calming breaths first thing in the morning to center yourself.	5 Take a walk without your phone. Let your mind wander.	6 Try a 5-minute body scan meditation.	7 Thrive Thursday! Stretch or do gentle yoga on your break.	8 Listen to a calming playlist on the Calm app. kp.org/selfcareapps	9 Do something relaxing just for yourself this weekend.
10 Journal prompt: What does "balance" mean to you right now?	11 Limit social media to 15 minutes a day or less this week.	12 Take a deep breath anytime you feel overwhelmed today.	13 Go for a walk with a co-worker, in person or over the phone.	14 Thrive Thursday! Get your heart rate up today to boost your mood.	15 Think of one thing you're grateful for every time you wash your hands today.	16 Call/visit a friend or family member you haven't spoken to in a while.
17 Journal prompt: What story are you telling yourself that may not be true?	18 Sleep affects your mental health. Prioritize getting enough sleep this week.	19 Set boundaries: say no to something that drains your energy.	20 Take a restorative break without guilt – even for 5 to 10 minutes.	21 Thrive Thursday! Re-energize with a brisk walk outside.	22 Practice positive affirmations. Say something kind to yourself today.	23 Clear a cluttered space to refresh your mental energy.
24/31 Journal prompt: What's one stressor you can think about in a different way?	25 Notice how your food and drink choices affect your mood this week.	26 Cancel one thing that's not serving you.	27 Use aroma therapy to sooth your nerves. Try lavender or mint essential oil.	28 Thrive Thursday! Spend a mindful moment outside, engaging your senses.	29 Notice your thoughts today and challenge negative thinking	30 What helped you feel balanced this month? Scan the QR code to share.