

Project Lily is all about improving the Jewish community's wellbeing.
Find out about our free training and more at WWW.PROJECTLILY.ORG.UK

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LILY

If you'd like to donate, we are a Registered Charity: Number 1171723

The **AWESOME AUGUST HUG!**

31 Days of Wellbeing & Self-Care

**YOU DON'T JUST DESERVE A SELF-CARE HUG
EVERY DAY – YOU NEED ONE**

Good self-care can transform your wellbeing, boosting your physical and mental health.

Without self-care we're more vulnerable to burnout, anxiety, and low mood which all move us closer to being ill. Good self-care builds resilience, reduces the impact of stress, and helps keep us healthy.

All of the following self-care ideas are really quick and simple.

Give yourself a 31-day treat and enjoy
THE AWESOME AUGUST HUG!



LILY



THE AWESOME AUGUST HUG!



AUG
1

Step outside and take five deep breaths of fresh air.



AUG
2

Have a treat snack and eat it mindfully; really enjoy every bite.



AUG
3

Text or call a friend or family member just to check in.



AUG
4

Say something kind to yourself out loud.

I am brave
I am healthy
I am honest
I am loved
I am beautiful

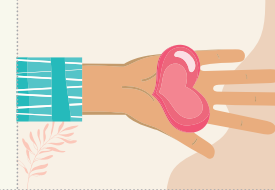
AUG
5

Do a digital detox: turn off or put down your phone for 1 hour.



AUG
6

Perform one random act of kindness and reflect on its impact.



AUG
7

Notice any negative self-talk and gently change it to something positive.



AUG
8

You worked really hard on that project
You are really kind
You inspire me
You are amazing

Give a genuine compliment to a colleague, friend, or family member.

AUG
9

Find an inspirational or spiritual quote and reflect on it.



AUG
10

Try three minutes of progressive muscular relaxation.



AUG
11

Make a list of people you'd like to connect with more.



AUG
12

Write down one strength you used recently.



AUG
13

Speak to someone you trust about how your week is going.



AUG
14

Listen to a spiritually uplifting piece of music.



AUG
15

Write one mini goal for the day and complete it.



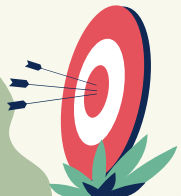
AUG
16

Spend a few quiet minutes in spiritual reflection or prayer.



AUG
17

Sit quietly and name three things you did well this week.



AUG
18

Write a thank-you message to someone supportive.



AUG
19

Write down three things you're grateful for.



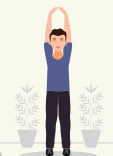
AUG
20

Give yourself a hand massage with essential oils or lotion.



AUG
21

Do three minutes of light, enjoyable movement - dance, walk, stretch.



AUG
22

Recharge with a distraction from stress: a puzzle, doodle, or music...



AUG
23

Look for chances to smile and say hello to people today.



AUG
24

Remember a time you overcame a challenge. Reflect on what helped.



AUG
25

Visit jvn.org.uk or jgift.org and explore volunteering opportunities.



AUG
26

Get to bed at a time that gives you a chance of eight hours sleep.



AUG
27

Do a short, guided mindfulness meditation (see youtube.com/@calm)



AUG
28

See how you feel after writing down three things you're proud of.



AUG
29

Take a mindful walk - no phone - and just observe your surroundings.



AUG
30

Take a three minute pause to check in on your feelings.



AUG
31

Review and celebrate your self-care successes. Give yourself a hug!



Now it's over to you! You're ready for a self-care September: Book yourself a 50 minute course all about self-care at projectlily.org.uk/training and keep the hugs going!

