

THE AWESOME AUGUST HUG CALENDAR

2026

A Self-Care Hug Every Day





THE 2026 AWESOME AUGUST HUG!



DAY
1

Step outside and take five deep breaths of fresh air.



DAY
2

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



DAY
3

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



DAY
4

I am brave
Say something kind to yourself out loud.
I am healthy
I am honest
I am loved
I am beautiful



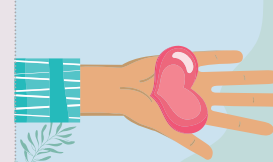
DAY
5

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



DAY
6

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



DAY
7

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



DAY
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.



DAY
9

Find an inspirational or spiritual quote and reflect on it.



DAY
10

Try three minutes of progressive muscular relaxation.



DAY
11

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



DAY
12

Write down one strength you used recently.



DAY
13

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



DAY
14

Listen to a spiritually uplifting piece of music.



DAY
15

Spend a few quiet minutes in spiritual reflection or prayer.



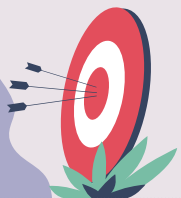
DAY
16

Write one mini goal for the day and complete it.



DAY
17

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



DAY
18

Write a thank-you message to someone supportive.



DAY
19

Write down three things you're grateful for.



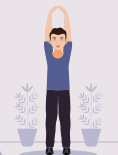
DAY
20

Give yourself a hand massage with essential oils or lotion.



DAY
21

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



DAY
22

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



DAY
23

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



DAY
24

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



DAY
25

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



DAY
26

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



DAY
27

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



DAY
28

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



DAY
29

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



DAY
30

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



DAY
31

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



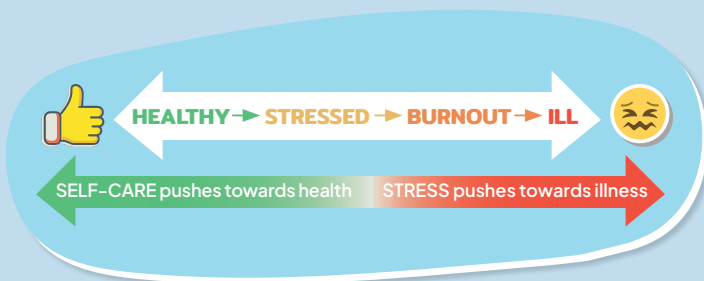
Now it's over to you! You're ready for a self-care September: Book yourself a 50 minute course all about self-care at projectlily.org.uk/training and keep the hugs going!



THE AWESOME AUGUST HUG

The Bad News 🙄

Challenges come from so many different places; relationship difficulties, unemployment, financial struggles, physical ill health, parenting problems, antisemitism... it's a long list. What's common to all of these is stress, which seriously affects our wellbeing and is a main factor triggering mental health conditions and their relapse. Lasting stress can weaken the immune system, and lead to high blood pressure, fatigue, anxiety, depression, and even heart disease.



The Good News 😊

The good news is that effective self-care is really simple and yet has a massive impact – it's what the **AWESOME AUGUST HUG** is all about...

Looking after your wellbeing needn't be hard or time-consuming. Small steps really can make a big difference. And best of all, for most people self-care isn't a chore – it's enjoyable! Find out more at our website.

Project Lily is all about improving the Jewish community's wellbeing. Find out about our free classes, webinars, online resources and more at

www.projectlily.org.uk



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