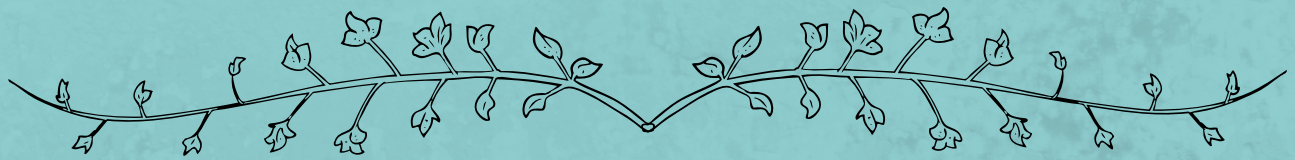


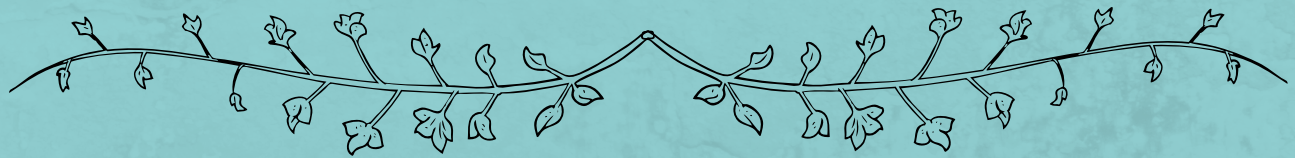
Pleasant Events Calendar



This week's Nook Activity is here!
Check out our step by step guide and
print your own calendar on our
webpage.



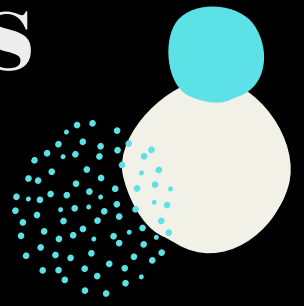
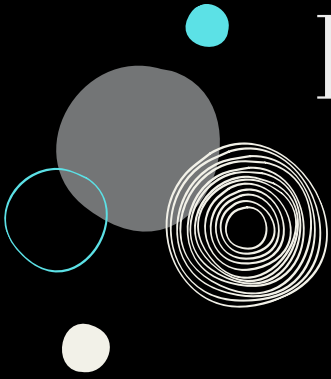
As college students, we often find ourselves wrapped up in our responsibilities. As the term goes on it can become harder to remember to engage in self-care and make time for the activities we enjoy.



These steps can help you engage in self-compassion throughout the term by encouraging you to be proactive and by drawing your attention to your own self-care practices.

- 1** List activities of any length you find enjoyable or relaxing
- 2** Each day, make an effort to engage in one of these activities
- 3** Mark your calendar every day you complete an activity
- 4** At the end of each week make a note of how many days you marked

Pleasant Events Calendar



	SUN	MON	TUE	WED	THU	FRI	SAT
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							