

# April 2018



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 DRINK WATER PLEASE!!!	2 De-clutter your personal space. (bedroom, desk, locker)	3 Take three deep breaths	4 Give someone a compliment	5 Find a reason to laugh	6 Start a conversation with someone you don't know	7 Spend an hour at a park or playground
8 Set a personal goal for the week. Accomplish it	9 Try something creative (doodle, paint, sing, rap)	10 Figure out your favorite body part on yourself	11 Get Tested!!	12 Dance through your favorite song	13 Hug someone (with their consent)	14 Watch your favorite movie
15 Find - and EAT- a healthy snack	16 Try meditating before class	17 Go for a walk outside	18 Write yourself a love note	19 Start a Google Doc with all your ideas	20 Post your best selfie (Fully Clothed)	21 Try on clothes from a section you've never shopped in before
22 Take a 'class' on Youtube (Sports, crafts, dance, etc.)	23 Call your favorite person and have a conversation with them	24 Read/Write a poem about a topic you love	25 Turn your phone off for an hour	26 Write five awesome things about yourself	27 Stretch for 5 to 10 minutes	28 Punch a pillow! (NOT a person)
29 Start your own dream board	30 Try exercising!	<b>YOU ARE BEAUTIFULLAAAA</b> <b>Xoxo,</b> <b>Tari :)</b>				

**Manage your inner critic.** Notice the critical things you say to yourself. Would you talk to a best friend like that? Reword negative or unkind thoughts into more helpful feedback.

**Focus on what goes well for you.** Next time you catch yourself dwelling on problems or complaints about yourself or your day, find something positive to counter it.

**Aim for effort rather than perfection.** You don't have to be the best at everything. Trying is SO valuable.

**View mistakes as learning opportunities.** Accept that you will make mistakes. Everyone does. They're part of learning. Instead of thinking, "I always mess up" remind yourself that it's not about always, just this specific situation. What can you do differently next time?

**Edit thoughts that get you feeling inferior.** Do you often compare yourself with others and come up feeling less accomplished or less talented? Notice what you're thinking. Something like: "She's so much better than I am. I'm no good at basketball. I should just stop playing" leads to feeling inferior, not to feeling good about yourself.

**Remind yourself that everyone excels at different things.** Focus on what you do well, and cheer on others for their success. Accept the awesomeness you are and make the best of the situation.

**Try new things, and give yourself credit.** Experiment with different activities to help you get in touch with your talents. Then take pride in your new skills. Think about the good results. For example: I signed up for track and found out I'm pretty fast! These positive thoughts become good opinions of yourself, and add up to self-esteem.

**Recognize what you can change and what you can't.** If you realize that you're unhappy with something about yourself that you can change, start today. If it's something you can't change, work on accepting it. Obsessing about our "flaws" can really skew your opinion of yourself and bring down your self-esteem. Most of the time, other people don't even notice these things!

**Set goals.** Think about what you'd like to accomplish. Then make a plan for how to do it. Stick with your plan, and keep track of your progress. Train your inner voice to remind you of what you are accomplishing.

**Take pride in your opinions and ideas.** Don't be afraid to voice them. If someone disagrees, it's not a reflection on your worth or your intelligence. That person just sees things differently from you.

**Accept compliments.** When self-esteem is low, it's easy to overlook the good things people say about us. We don't believe it when someone says a nice thing. Instead, we think, "...yeah, but I'm not all that great..." and we brush off the compliment. Instead, let yourself absorb a compliment, appreciate it, and take it seriously. Give sincere compliments, too.

**Make a contribution.** Tutor a classmate who's having trouble, help clean up your neighborhood, participate in a walkathon for a good cause, or volunteer your time in some other way. When you can see that what you do makes a difference, it builds your positive opinion of yourself, and makes you feel good. That's self-esteem.

**Exercise!** Being active and fit helps you feel good about yourself. You'll relieve stress, and be healthier, too!

**Relax and have fun.** Spend time with the people you care about, do the things you love, and focus on what's good. That helps you feel good about yourself, just as you are.