



# SELF-CARE DOESN'T HAVE TO BE SCARY!

NAME: \_\_\_\_\_  
CAMPUS: \_\_\_\_\_



## MONDAY

10/23

Tell someone they look FANGtastic!



## TUESDAY

10/24

Share a treat (no tricks) with someone!



## WEDNESDAY

10/25

Go to bed early to avoid nightmares!



## THURSDAY

10/26

Watch the sun set or the moon rise!



## FRIDAY

10/27

Spend some time with your favorite BOO or GHOUL!!



## SATURDAY

10/28

Eat or drink something pumpkin flavored....OR DON'T.



Sponsored by the RAMPED (Rural Area Mental Health Professional Education and Development) Grant Mark or initial each day as you complete it. Turn in your completed form into the RAMPED box in the office to receive a prize.