



# LyfeCalendars — Mental Wellness / Self■Care (Thank You)

Auto-updating subscription links + simple import options

## What's included

- Mental Wellness / Self■Care (.ics)

## How to add (per app)

### ***Apple Calendar (Mac)***

- 1 Open Calendar → File → New Calendar Subscription...
- 2 Paste your chosen link → click Subscribe.
- 3 Optional: rename the calendar for clarity.

### ***Google Calendar (Web)***

- 1 On the left, next to "Other calendars," click + → Add by URL.
- 2 Paste the link → Add calendar.
- 3 The new calendar appears under "Other calendars" (toggle as needed).

### ***Outlook (Web/Desktop)***

- 1 Add calendar → From Internet (or Upload from file).
- 2 Paste the link and confirm.
- 3 The calendar is separate and toggleable.

## Prefer a one-time import?

Create a new calendar first, then import the .ics file into that new calendar so it remains separate and easy to toggle.

## Tips & notes

- All events are all-day with a 1-day-before reminder. You can edit alerts after subscribing.

- If you change variants later, unsubscribe from one and subscribe to another.

## **FAQ**

### **Can I customize times?**

Yes — edit or mute alerts in your calendar app after subscribing.

### **Will these create a separate calendar?**

Yes — subscribing creates a new, toggleable calendar. Import will copy events into whichever calendar you choose.

## **More LyfeCalendars (available separately)**

- Home Maintenance
- Health Check-In
- Pet/Vet Care
- Finance & Bills
- Cleaning & Declutter Rhythm
- Mental Wellness / Self-Care
- Personal Growth & Goals
- Workout & Movement
- Plant & Garden Care
- Car Care

## **Support**

Questions or ideas? Email [lyfecalendars@gmail.com](mailto:lyfecalendars@gmail.com)

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