



## Physical Self-Care Challenge

Pick one of the following self-care activities to complete each day. If there is something on this list you already do most days, please try to include new activities to help you improve your self-care routine.

- Go to bed at least 30 minutes early
  - Take a walk
  - Exercise for 30 minutes
  - Eat healthy for one day
  - Take a nap
  - Take a shower and get dressed in clothes other than pajamas
  - Do yoga for relaxation
  - Stretch for 5 minutes
  - Drink at least eight 8 oz. glasses of water
  - Try a new healthy food
  - Complete some form of physical activity after work to help you relax and destress from the day
  - Don't eat sugar for one day
  - Do not consume any caffeine after 3pm
  - Set a self-care goal and take steps toward that goal
  - Sleep in
  - Have a dance party
  - Get up, get ready and be prepared for the day
  - Spend one-hour decompressing, mentally and physically
  - Go for a hike, jog or bike ride
  - Complete an online workout video
  - Listen, and follow along, to a guided progressive muscle relaxation exercise
  - Create and follow a relaxing bedtime routine
  - Disconnect from all electronics at least one hour before bedtime
  - Complete some form of physical activity before starting work in the morning
  - Eat something that makes you happy
  - Other: \_\_\_\_\_
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