



# 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.

- Schedule personal self-care time each day
  - Read a book, just for fun, just for yourself
  - Schedule a 5-10 minute "play" break for yourself during the day
  - Order in dinner
  - Do something artistic
  - Start a new hobby
  - Color
  - Complete a 15 – 30-minute mindful meditation
  - Spend at least one hour disconnected (no cell phone, no internet, no computer, no television, no artificial distractions)
  - Make a list of your positive qualities starting with "I am...."
  - Watch the sunrise/sunset
  - Start a gratitude journal
  - Pet/play with/spend time with an animal
  - Make a list of positive affirmations and practice saying them out loud
  - Connect and schedule time with friends and loved ones (weekly Zoom dinner, phone calls, etc.)
  - Practice setting healthy boundaries
  - Organize/declutter your living space or office space
  - Do one thing that makes you happy, just because it makes you happy
  - Create a self-care toolkit with activities you find to be helpful
  - Engage in deep breathing exercises
  - Put on your favorite music
  - Sit in silence
  - Create a relaxing place in your home, attempting to appeal to all 5 senses
  - Watch funny videos
  - Take a hot shower/bubble bath
  - Identify something kind you can do for someone else and do it
  - Identify something you want to work towards and create SMART goals to help you accomplish it
  - Unfollow social media accounts that no longer serve a positive purpose
  - Spend time outside
  - Make a list of things that bring you joy
  - Limit time spent reading/watching the news
  - Listen to an uplifting podcast
  - Find lightness and humor throughout the day
  - Be patient with yourself
  - Look for the positives in situation
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