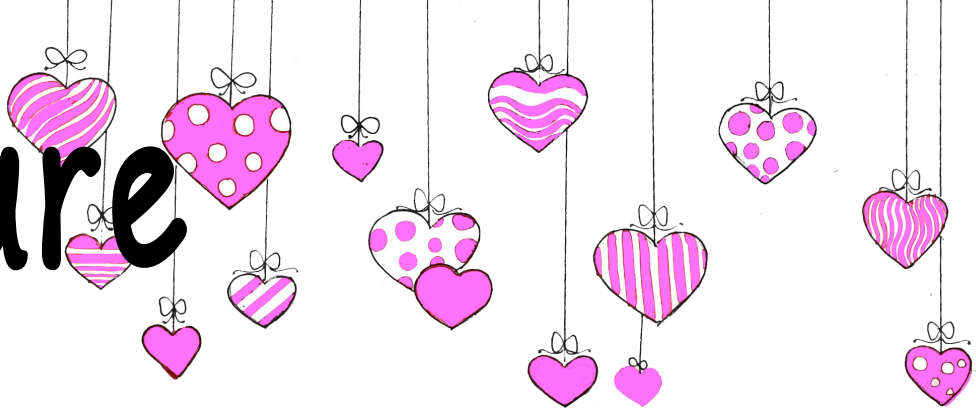


Self-Care

30-Day Calendar



What is a Self-Care Challenge?

Self-care is the act of attending to one's physical or mental health with out medical or professional help.

What are the Benefits of Self-Care?

- * Less Stress and Anxiety
- * Boost Self-Esteem
- * Improve Physical Health
- * Prevent Burnout



Drink more water



Take a deep breath



Eat more vegetables



No social media for a day



Try something new



Call a loved one



Walk for 30 minutes



Sleep an extra hour



Stretch more



Adopt a pet



No caffeine for a day



Grow a plant



Get more sun



Hangout with friends



Plan a road trip



Have a date night



Eat more fruit



No added sugar for a day



Express gratitude more



Volunteer to help others



Unclutter a room



Start a journal



No alcohol for 3 days



Lift weights



Ride a bicycle



Try herbal tea



Watch a TED Talk



Take a personal day



Read a positive quote everyday



Start a habit

30-Day Self-Care Challenge

- Practice at least 3 self-care tasks every day
- Write down the number of the tasks completed
- Continue uninterrupted for 30 days

Date	Challenge (s) Completed
------	-------------------------

01/01/24	#1, #2, #4, #17, #24 <<<< example
----------	-----------------------------------

	1- Drink more water
	2- Take a deep breath
	3- Eat more vegetables
	4- No social media for a day
	5- Try something new
	6- Call a loved one
	7- Walk for 30 minutes
	8- Sleep an extra hour
	9- Stretch more
	10- Adopt a pet
	11- No caffeine for a day
	12- Grow a plant
	13- Get more sun
	14- Hangout with friends
	15- Plan a road trip
	16- Have a date night
	17- Eat more fruit
	18- No added sugar for a day
	19- Say "Thank You" more
	20- Volunteer to help others
	21- Unclutter a room
	22- Start a journal
	23- No alcohol for 3 days
	24- Lift weights
	25- Ride a bicycle
	26- Try herbal tea
	27- Watch a TED Talk
	28- Take a Personal Day
	29- Read a positive quote everyday
	30- Start a habit