

SELF-CARE CALENDAR

Choose to be happy...

 Spend time imagining how you would like to feel at the end of the challenge	 Make time for a morning and evening stretch	 Spend 30 minutes doing something creative you enjoy	 Thank three people you're grateful to and tell them why	 Take a few minutes to practice deep breathing exercises	 Enjoy all the things that make you laugh	 Show gratitude and appreciation to others	 Go for a walk, run or practice yoga. Move your body in a way that feels good for you	 Listen to a podcast or read something you enjoy	 Reach out to someone you miss
 Host a personal dance party	 Do a digital detox for the day	 Respond positively to everyone you engage with	 Wear your favourite workout outfit and find a fun way to do 15 minutes more of exercise	 Create a playlist that soothes and calms you	 Do a random act of kindness	 Drink a glass of lemon water in the morning	 Declutter a space or area in your home	 Ask a friend how they are doing and really listen	 Nourish your body with whole and natural foods today
 Focus on resting and relaxing today, sleep in, take a nap, go to bed early	 Speak only positive words	 Try a new recipe for dinner and eat it mindfully	 Research a new technique or coping skill, such as CBT	 Give someone a thank you note or write a letter	 Replenish your body with pure water and energising snacks	 Create a vision board of your dreams and goals	 Contact a friend or neighbour and offer your help	 Eat healthy with no refined sugar and boost your immune system	 Host a virtual game night with friends and family

 Mental self-care

 Social self-care

 Physical self-care

30 ways to look after yourselves and each other