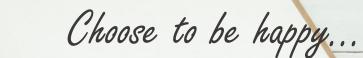
SELF-CARE CALENDAR







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 Show things that gratitude and make you appreciation laugh 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 dav



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 that soothes and calms vou



Do a random act of kindness



Drink a glass Declutter a of lemon space or water in the area in your morning 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 vour dreams and goals

0



Contact a friend or neighbour and offer your help



Eat healthy with no refined sugar and boost your immune system



and family



Mental self-care



Social self-care

