

# Self-Care Challenge



## 30 DAY SELF-CARE CHALLENGE



**DAY 1**  
Start the day with a deep breathing exercise.

**DAY 2**  
FaceTime an old friend.

**DAY 3**  
Do 30 minutes of yoga.

**DAY 4**  
Make a new playlist.

**DAY 5**  
Go for a walk.

**DAY 6**  
Drink just water today.

**DAY 7**  
Try a 5-minute meditation.

**DAY 8**  
Tell a coworker how much you appreciate them.

**DAY 9**  
Have a phone-free night.

**DAY 10**  
Go to bed 30 minutes early.

**DAY 11**  
Disinfect your phone.

**DAY 12**  
Send a letter to a friend.

**DAY 13**  
Read that book or article your friend told you about months ago.

**DAY 14**  
Write three positive self-affirmations.

**DAY 15**  
Do walking lunges into work.

**DAY 16**  
Walk 10,000 steps.

**DAY 17**  
Watch the sunrise and sunset.

**DAY 18**  
Avoid sugar all day.

**DAY 19**  
Make a gratitude list.

**DAY 20**  
Do something creative.

**DAY 21**  
Catch up with relatives on the phone.

**DAY 22**  
Stretch at the beginning and end of your day.

**DAY 23**  
Define what gives you stress.

**DAY 24**  
Unfollow negative social media accounts.

**DAY 25**  
Watch a documentary.

**DAY 26**  
Make up a social-distancing approved handshake.

**DAY 27**  
Make a bucket list.

**DAY 28**  
Write a letter to your future self.

**DAY 29**  
Text a selfie to a friend with no context.

**DAY 30**  
Do one random act of kindness.

***“Medically Ready Force...Ready Medical Force”***