

The logo features a green circular arrow on the left containing the number '30' in a bold, dark green font, with the word 'DAY' in a smaller, dark green font to its right. To the right of the arrow is a large orange circle containing the words 'Self Care' in a black, cursive script font.

30 DAY Self Care

CHALLENGE

These are unprecedented times and stress levels are high for many. Let's remember to take care of ourselves each and every day to ensure our health and well-being. Join us in Taking the Challenge!



- Go outside for a walk
- Put on a face mask
- Take a long hot shower/bath
- Make your bed and/or clean your sheets
- Put on an outfit that makes you feel good
- Drink lots of water
- Write a self-love list (at least 5 things you love about yourself)
- Declutter a space in your home
- Go to bed early
- Cook/Bake something new
- Look over old pictures & memories
- Write down what you are grateful for
- Make a list of short-term & long term goals
- Read a book or listen to a podcast
- Create a pin map of all the places you want to visit
- Send someone you know a nice message
- Organize your closet
- Meditate or journal for at least 2 minutes
- Wrap yourself in a blanket
- Light a candle
- Spend time stargazing
- Scream into a pillow
- Work out until you sweat
- Put on some music & dance around your house
- Get 15 min of sun
- Create a vision board
- Change up your hairstyle
- Stretch your body
- Review the day, what worked & what didn't
- Watch a documentary