

YOUR 30-DAY SELF-CARE CHALLENGE

LET'S GET STARTED!

WEEK 1 OF THE SELF-CARE CHALLENGE IS ALMOST HERE!

Self-care should be a priority for everyone! Unfortunately, we sometimes find ourselves so busy that we forget to take care of ourselves. You have an endless to-do list, deadlines at work, kids to care for, and it can seem impossible to find the time to step away, take a break, and do something that feels good...for YOU! Self-care is critical to our well-being to maintain balance in our lives and fuel us from one day to the next. The goal of this challenge is to create positive experiences that will help you to be intentional about making self-care a habit and a success – hopefully, for a lifetime.

Three key areas will be addressed:

MIND self-care activities to get you thinking, boost creativity, and reduce mental clutter.

BODY self-care challenges to reinforce healthy habits to feel your best.

SPIRIT self-care ideas to feel grounded, connect with your authentic self, and encourage mindfulness.

As you move through this process, remember... it's not selfish to take care of yourself. The more you have, the more you can give.

THE SELF-CARE SUCCESS STRATEGY!

To begin this challenge, it's important to have a sense of how well you are currently taking care of yourself. Thinking about self-care and your unique needs can help you understand the importance of making yourself a priority.

Assess your self-care by:

- Being aware of **why** you do it,
- **What** you do,
- **How** it feels in the moment, and
- What is the long-term **benefit**?



BONUS OPPORTUNITY

Fill out the Self-Care Assessment Worksheet below and earn 3 bonus points for Week 1!

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HOW ARE YOU DOING?

Self-care is about actively caring for your mental, emotional, and physical health, and it is key to your overall well-being. If you're not functioning well in any one of these areas, it is your responsibility to do what you need to do to maintain good health and improve well-being. This assessment serves as a launching pad to begin to think about your self-care needs. This is not an exhaustive list and there will be activities that are not included. The goal is to learn about your needs, but also spot patterns and recognize areas of your life that might need attention, allowing you to learn and grow in your ability to love yourself. Know that there are no right or wrong answers.

Rate each activity on the following scale:

- 0 points = I don't do this at all
- 1 point = I do this poorly / I do this rarely
- 2 points = I do this ok / I do this sometimes
- 3 points = I do this well / I do this often



<i>Body</i>	
Eat healthy food	
Eat regularly	
Get 30 minutes of exercise per day	
Get 7-8 hours of quality sleep nightly	
Attend regular preventive medical appointments	
Rest when sick or run down	
Keep up with personal hygiene	
TOTAL	

<i>Mind</i>	
Take time off when needed	
Enjoy hobbies and personal interests	
Learn new things, challenge myself	
Express feelings in a healthy way	
Do relaxing activities (bath, movie, read)	
Seek support when needed	
Recognize strengths and weaknesses	
TOTAL	

<i>Spirit</i>	
Spend time in nature	
Meditate or pray	
Have meaning and purpose in my life	
Act in accordance with morals and values	
Take time to self-reflect	
Give back / pay it forward	
Connect with community	
TOTAL	

<i>Totals Overview</i>	
Body	
Mind	
Spirit	
TOTAL SCORE	

Reflection:

1. How are you doing?
2. What areas do you wish to improve?