

# SELF care CHALLENGE

## WEEK 2 TASK CARD

	Task	Points	Why should I?
 REFRESH	Fit in some exercise!	1 min = 1 point (max 60 points)	Sit less and move more! For every minute of exercise, claim 1 point. To encourage all ability levels, you may earn a maximum of 60 points per day.
 REFRESH	Eat more fruits and veggies.	1 serving = 1 point	A diet rich in fruits and vegetables may reduce the risk of stroke, type II diabetes, cancer, and heart disease. Tip: Fill half of your plate with fruits and veggies! *1 serving = ½ cup or 1 medium fruit/veg, 1 cup or fist-size salad
 RECHARGE	Take deep breaths and say thank you.	5 points	Take 5 slow, deep breaths before rising and say thank you for something in your life.
 RECHARGE	Try a 5-minute meditation.	5 points	Mindful meditation takes practice, but quiet time does wonders for our mental health. Try a 5-minute meditation, or just enjoy the quiet. Check the Resource Centre for easy-to-follow suggestions.
 REFOCUS	Have fun and get creative!	5 points	Unplug for one hour and do something you enjoy! Complete a crossword, sudoku, or puzzle. Play a game, paint, or get crafty.
 REFOCUS	Write down SMART goals.	10 points	Setting SMART goals is a healthy practice to stay focused on what matters to you. Write 3 short-term and 3 long-term goals. Check the Resource Centre for some guidance.
 RECONNECT	Connect with someone.	5 points	Social connection is important for mental wellness. Check in with someone you haven't seen or spoken with in a while. Pick up the phone, facetime, or write a letter.
 RECONNECT	Express gratitude by thanking someone.	10 points	Thanking someone for something done or said is a powerful form of gratitude. Try it and see how it feels!