

# SELF care CHALLENGE

## TEAM CHALLENGE INSTRUCTIONS

### Welcome to our Self-Care Challenge!

It's time to jump-start your self-care routine! With this simple 2-week self-care challenge, you'll focus on taking care of you. Committing to do activities to support and nurture your body, mind, and spirit allows you to be the best version of yourself.

RECHARGE  REFRESH  RECONNECT  REFOCUS



### It's Simple...

Commit to doing a few simple, healthy, and good-for-you activities, and earn points for your team!

Each week, participants will submit completed scorecards to the Team Captain.

## TEAM CAPTAIN SUBMISSIONS AND LEADERBOARD UPDATES

Each week, the Team Captain will visit the Team Challenge Submission Website. Team Captains will be asked to click on your Team Name and submit your total points. We are working on the honor system!

The Team Leaderboard will be updated once per week. The team with the most points wins!

**Self-care activities include anything you do deliberately to care for your physical, mental, and emotional health.** Here are a few examples: Fit exercise into your day, learn something new, phone a friend you haven't spoken with in a while, or practice deep breathing.



Be sure to check out the Team Challenge Resource Centre for helpful tips, guides, and strategies to help you while completing this challenge!