

# SELF-CARE CHALLENGE



## WEEK 1 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	Hydrate with water.	8oz glass = 3 points	Water is essential to maintain homeostasis of bodily fluids, which are important for digestion, absorption, healthy skin, kidney, and bowel function. Tip: Have water with every snack and meal, and always keep a bottle with you.
 RECHARGE	Quiet the mind.	15 minutes = 3 points	A quiet mind promotes quality sleep. Quiet the mind before bed by relaxing for 15 minutes. Practice yoga, read a book, do breathing exercises – do something that calms you.
 RECHARGE	Adopt an attitude of gratitude.	5 points	Write down 3 things for which you are grateful and share them with someone. Check out the Gratitude Journal to help you get started.
 REFOCUS	Declutter!	10 minutes = 5 points	Decluttering and reorganizing can be very rewarding. Donate or purge and feel good about cleaning up! Spend 10 minutes organizing your drawer, desk, pantry, or cupboard.
 REFOCUS	Learn a new word.	3 points	Expanding our vocabulary and learning new things helps keep our brains healthy and sharp. Learn a new word and use it 3 times today.
 RECONNECT	Practice positive self-talk.	5 points	Positive self-talk takes practice and can become a very healthy habit. Repeat a positive affirmation at least 3 times today.
 RECONNECT	Check-in with someone in need.	10 points	Volunteering our time and talents is rewarding. Check in with a neighbour or someone in need. Help with a household task or simply have a chat.