

Myth!

Self-care is only for people with poor mental health.



Self-care is for everyone. In fact, you're already doing it. Even the most basic functions of life count as self-care.

If you've gone to bed early to get a good night's sleep, that's self-care.

Once you've completed your well-being challenge, consider committing to another one. Print out the blank calendar provided, and pick out 30 tasks to create your own well-being challenge for next month.

If you have favourite challenges from the last 30 days, start by jotting those down.

30 Day Well-Being Challenge

Do the challenge in the order of your choosing. Tick them off when you have completed them.

Declutter and disconnect

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Disconnect from social media.	Start a new hobby.	Turn off your mobile phone.	Declutter one room in the house.	Whisk yourself away in your book.	Clear out 3 unused items in your space.

Pampering

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some outside time.	Book a Sound Bath.	Give yourself a face mask.	Create a home spa day.	Pamper your feet and put them up.	Create a cozy reading nook.

Friends and Family

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plan a family picnic.	Arrange to have coffee with friends.	Have a family games night.	Call or text a friend to catch up.	Spend time with a pet or visit a local animal shelter.	Ask for help.

Outside Days

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watch the sunrise or sunset.	Accept a Forest Bathing invitation.	Take a walk in your local park.	Explore a local landmark.	Potter in the garden.	Immerse yourself in nature.

Journaling

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write 3 intentions for yourself.	Make a wish list.	Reflect on your achievements and growth.	Clear your mind and journal your thoughts.	Write a positive affirmation and repeat it during the day.	Reflect on your past 4 weeks in your journal.

30 Day Well-Being Challenge

Do the challenge daily. Tick them off when you have completed them.

<input type="checkbox"/> Day 1 Disconnect from social media.	<input type="checkbox"/> Day 2 Start a new hobby.	<input type="checkbox"/> Day 3 Plan a family picnic.	<input type="checkbox"/> Day 4 Start a journal and make it a new habit.	<input type="checkbox"/> Day 5 Get some outside time.	<input type="checkbox"/> Day 6 Book a Sound Bath.
<input type="checkbox"/> Day 7 Take a walk in your local park.	<input type="checkbox"/> Day 8 Start a new book.	<input type="checkbox"/> Day 9 Clear out 3 unused items in your space.	<input type="checkbox"/> Day 10 Create a home spa day.	<input type="checkbox"/> Day 11 Practice your new hobby.	<input type="checkbox"/> Day 12 Reflect on your past week in your journal.
<input type="checkbox"/> Day 13 Read for an hour with a cup of tea.	<input type="checkbox"/> Day 14 Arrange to have coffee with friends.	<input type="checkbox"/> Day 15 Practice your new hobby.	<input type="checkbox"/> Day 16 Turn off your mobile phone.	<input type="checkbox"/> Day 17 Make a journal entry.	<input type="checkbox"/> Day 18 Potter in the garden.
<input type="checkbox"/> Day 19 Declutter one room in the house.	<input type="checkbox"/> Day 20 Whisk yourself away in your book.	<input type="checkbox"/> Day 21 Give yourself a face mask.	<input type="checkbox"/> Day 22 Practice your new hobby.	<input type="checkbox"/> Day 23 Immerse yourself in nature.	<input type="checkbox"/> Day 24 Pamper your feet and put them up.
<input type="checkbox"/> Day 25 Practice your new hobby.	<input type="checkbox"/> Day 26 Explore a local landmark.	<input type="checkbox"/> Day 27 Clear your mind and journal your thoughts.	<input type="checkbox"/> Day 28 Create a cozy reading nook.	<input type="checkbox"/> Day 29 Have a family games night.	<input type="checkbox"/> Day 30 Reflect on your past 4 weeks in your journal.

	Family and Friends events
	Hobby Time
	Declutter and disconnect
	Read a book
	Pamper Day
	Journaling
	Outside Days

Always remember to

Keep hydrated

Sleep Regularly

Eat healthily

