

New Month, New You Challenge

31 Days of Self-Care

DAY 1: Commit to going for a 20-minute walk outdoors.

DAY 2: Wind down your evening by putting fresh sheets on your bed. Turn off or refrain from using any electronics for 30 minutes before going to bed. Instead, plump your pillows, make a cup of tea, enjoy the clean, soft sheets, and spend the time reading a chapter of a book instead.

DAY 3: Throughout the day, pick up any litter you see and dispose of it. Recycle all things where possible. It is rewarding to care for the Earth.

DAY 4: Commit to waking up 10 minutes early and dedicate that time to drinking coffee (or tea or hot water) and practicing deep breathing. Set a timer.

DAY 5: Create a “Gratitude Album” in your phone. Take a photo of something you are grateful for everyday for the rest of the month and save it to the album. It could be a person, a meal, a possession, a pet, etc.

DAY 6: Spreading Joy: Buy a stranger a coffee today. Not only will it make them feel good but people who experience acts of generosity are more likely to pass them on.

DAY 7: Mindful Waking: Wake up and recite this verse: Waking up this morning I smile, knowing there are 24 brand new hours before me. I vow to live fully in each moment and look at other beings with eyes of compassion.

DAY 8: Make an effort to give 3 compliments to 3 people today.

DAY 9: Turn off your phone (yes really) and curl up on your favorite sofa or arm chair and dedicate at least 30 minutes to reading a book.

DAY 10: Research has shown that coloring can be a helpful way to reduce stress levels and practice mindfulness. Choose an image to color (if this is overwhelming, limit your search to a mandala). The concentration required for this exercise will help you focus and bring peace to your busy mind. Try also lighting a candle and playing soft, gentle music.

Day 11: Create a playlist of at least 10 songs that you can't help but jam to and that put an instant smile on your face.

DAY 12: Commit to a 24-hour social media detox.

DAY 13: Focus on hydration! Set a goal to drink at least 74oz of water today!

DAY 14: Wake up before the sunrise, make yourself a warm drink, grab a blanket, and find a space outside to watch the sunrise. Notice the colors, the temperature change, and the sounds you can hear around you. Embrace the moment and the start of a fresh day.

DAY 15: Plant a bulb (or seeds) in a pot in your home. Nurture it over the weeks until it blossoms. Follow its growth as a symbol of the process of your personal growth.

DAY 16: Find an inspiring quote that resonates with you and send it to a friend or family member.

DAY 17: Schedule any needed check-ups/appointments (dentist, doctor, dermatologist, chiropractor, eye doctor, oil change, etc.) or complete a household task that you have been putting off.

DAY 18: For one day, try to refrain from making any complaints. Notice when others do and be aware of the grievance with no judgment. When you experience a day without this negative energy, you will begin to see the positive impact removing this from life can have.

Day 19: Silent Commute: Instead of filling your daily commute with noise from conversations, music, or watching episodes on your phone to avoid discomfort; find peace in the stillness of your car, bus, train or cycle. You will begin to notice the things around you that you normally miss. Be present on the journey.

DAY 20: Try a guided meditation. You can find your own based on your needs or try this one: <https://www.youtube.com/watch?v=JFdZ9igLAn0>

DAY 21: On your journey to work, make a note of five things that make you smile. Try to vary them as much as possible.

DAY 22: Set a timer for 10 minutes. Sit outside and practice this grounding exercise: Identify and describe 5 things that you can see from where you are sitting, identify and describe 4 things that you can currently hear, identify and describe 3 things that you can currently feel physically, identify 2 things that you can smell, identify one thing that you can taste. Spend the remaining time practicing deep breathing. Inhale for 4 seconds, pause, exhale for 4 seconds, pause, repeat. Count in your head and focus on your chest rising and falling.

DAY 23: Embrace your inner child and play a game with someone today (board game, cards, trivia, hide and seek, Words With Friends, etc.).

DAY 24: Make a list of your top 10 qualities or 10 things you are proud of yourself for.

DAY 25: Complete your full morning routine (hair, make up, real clothing, etc.) and take on your day with confidence! Give yourself a compliment in the mirror.

DAY 26: Bake cookies or a dessert and take them into your office for your colleagues, to a neighbor, or to a friend or family member that you do not see regularly.

DAY 27: Commit to picking up or making your favorite meal or treat.

DAY 28: Set your alarm 10 minutes earlier than normal. Set a timer for 10 minutes and begin your morning with 10 minutes of mindful stretching.

DAY 29: Send a message to someone that you are thankful to have in your life. Tell them what makes them so special and how they make your life brighter.

DAY 30: Set a timer for 8 minutes. Take a blanket outside after dark. Find a place to lie down and look at the stars. Practice deep breathing for 8 minutes. Be mindful of the sounds around you. Be mindful of the physical sensations.

DAY 31: Reflect on the last 30 days. Which tasks brought you the most joy? Were you surprised by your response to any of the activities? Will you incorporate any new self-care activities into your regular routine? How did incorporation of self-care prior to this challenge compare? Did your idea of self-care change?