

30 DAY SELF-CARE CHALLENGE

SPEND TIME IMAGINING HOW YOU'D LIKE TO FEEL AT THE END OF THIS CHALLENGE DAY 1	DRINK A GLASS OF WATER FIRST THING EVERY SINGLE MORNING DAY 2	WRITE DOWN 1 POSITIVE THING ABOUT YOUR DAY BEFORE BED EACH NIGHT DAY 3	SPEND 30 MINUTES DOING SOMETHING CREATIVE THAT YOU ENJOY DAY 4	SPEND 10 MINUTES IN THE SUN THINKING ABOUT YOUR SPIRITUALITY DAY 5
RESEARCH A SUBJECT YOU KNOW NOTHING ABOUT DAY 6	CATCH UP WITH AN OLD FRIEND OR RELATIVE DAY 7	CHECK YOUR CREDIT SCORE AND SET FINANCIAL GOALS. DAY 8	UNPLUG FOR DINNER & HAVE REAL CONVOS WITH FAMILY DAY 9	FIND A NEW TOOL TO INCREASE PRODUCTIVITY AT WORK. DAY 10
TRY A NEW DIET FOR THE REST OF THIS CHALLENGE. DAY 11	PRACTICE POSITIVE THINKING DAY 12	ENJOY ALL THE THINGS THAT MAKE YOU LAUGH DAY 13	TRY A 15 MINUTE GUIDED MEDITATION FROM YOUTUBE DAY 14	SPEND 15 MINUTES OR MORE READING SOMETHING YOU ENJOY. DAY 15
PLAN AN ADULT-ONLY GETAWAY WITH FRIENDS DAY 16	IDENTIFY THINGS THAT MAKE YOU FEEL UNSAFE AND WORK TO REMOVE THOSE DAY 17	ENJOY ONE-ON-ONE TIME WITH EACH MEMBER OF YOUR HOME DAY 18	SET GOALS TO IMPROVE YOUR PROFESSIONAL LIFE DAY 19	GO FOR A 10-MINUTE WALK EACH DAY FOR THE REST OF THE CHALLENGE DAY 20
WORK ON SAYING YES TO YOU AND NO TO OTHERS. DAY 21	LIGHT A CANDLE AND TAKE A BUBBLE BATH DAY 22	CONNECT WITH THE EARTH BY PUTTING YOUR FEET IN THE GRASS DAY 23	EDUCATE YOURSELF ON THE HISTORY OF YOUR CITY DAY 24	CLEAN YOUR SOCIAL MEDIA FROM PEOPLE WHO DON'T BRING YOU JOY. DAY 25
DO SOMETHING OUTSIDE OF THE HOME AS A FAMILY DAY 26	GET A MASSAGE DAY 27	ENJOY A "ME DAY" OUTSIDE OF THE HOME! DAY 28	LET GO OF GUILT DAY 29	WRITE DOWN EVERYTHING YOU'RE GRATEFUL FOR. DAY 30

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SELF-CARE ISN'T SELFISH

BENEFITS OF PRACTICING SELF-CARE

- When we take care of our own needs first we are better equipped to help others
- Health Improves
- Emotional stability Improves
- Out look on life Improves
- Smile more
- We live our lives with purpose and joy
- We discover who we were created to be
- We become our own best friend
- We love ourselves

SELF-CARE IS...

- ⇒ *Self-Care is about paying attention to you, your body and your emotions*
- ⇒ *Self-Care is about checking in with yourself in each moment*
- ⇒ *Self-Care is setting healthy boundaries*
- ⇒ *Self-Care is learning and practicing clear and direct communication*
- ⇒ *Self-Care is about learning to appreciate and love yourself*
- ⇒ *Self-Care is about living your life with joy... **guilt free!***

From: <https://evolvetoive.org/self-care-awareness/>

COACHING

Skill Building Therapists'
Coaching Group

Wednesdays September 14 & 28
at 7:30 p.m. Cost: \$40 a month

Sign up at:

<https://resiliencesocialwork.com>

ACCEPTING NEW REFERRALS:

I am available to provide In-person or virtual staff development training in a variety of topics and tailored to your needs. Also for consultation services and speaking engagements. For questions or referrals contact me via social media, website, email or phone provided in the first page.