

BE KIND TO YOURSELF CHALLENGE

Being kind to yourself takes practice! For the next week, see if you can complete one of the following challenges each day. At the end of the week, check in with yourself. How are you feeling?

Day #1: Recognize Yourself

Give yourself credit for something you've done or that you do really well. Take a moment to bask in glory.

Day #2: Tell Yourself Something Kind

Look in a mirror and tell yourself something good about yourself. It can be anything from your looks to your soul. Look yourself in the eye when you say it.

Day #3: Treat Yourself

Spend time doing something that you like, or eat one of your favorite foods. This can be anything that will lift your spirits and make you feel good.

Day #4: Exercise

Go for a walk, ride your bike, do some yoga, play a sport—whatever your body likes doing, go do it. Exercise makes us feel good both mentally and physically.

Day #5: Do Something for Someone Else

When we help others, we lift ourselves up too.

Day #6: Breathe

Take a moment to slow down, and be present in the moment. Breathe in through your nose and out slowly through your mouth. Repeat three times and see how your mood changes.

Day #7: Give Yourself Grace

Maybe you have made a mistake or didn't do as well as you hoped. Forgive yourself for not being perfect, and take the next steps forward.