

SEPTEMBER 2023:

SELF-CARE CHALLENGE—Getting back in the groove.

Participation Guidelines:

- ◇ Complete the tasks in any order.
- ◇ Complete 20 days to earn your points and be entered into the monthly drawing. **One task per day. New task each day—no repeats. We’re looking for variety and new habits!**
- ◇ Forms must be completed and turned in to health@fsd145.org no later than Friday, October 6th to be entered into the monthly drawing.

- _____ Start your day by writing down 3 things you are grateful for.
- _____ Turn off all electronics at least 30 minutes before bedtime.
- _____ Take 10 minutes of your time just to observe breathing.
- _____ Do 30 minutes of yoga. Chair yoga is an appropriate option. (YouTube or other)
- _____ Complete a puzzle. If word puzzles are more your thing, go for it.
- _____ Ask for help.
- _____ Be mindful of your sleep habits. Sleep matters.
- _____ Listen to your favorite music.
- _____ Schedule and have a game night.
- _____ Learn a new word.
- _____ Write down 3 kind things you did today, for yourself or others.
- _____ Tell a friend a funny joke.
- _____ Watch a silly video.
- _____ Unfollow negative social media accounts.
- _____ Try a 5 minute meditation.
- _____ Read 20 minutes or more before bedtime.
- _____ De-clutter your room or desk.
- _____ Compliment a stranger.
- _____ Get rid of 5 things you never use.
- _____ Enjoy the sun. Eat lunch outside.
- _____ Unsubscribe from unnecessary emails.
- _____ Say positive affirmations.
- _____ Do one thing you’ve been putting off.
- _____ Don’t overthink. Practice being present.
- _____ Coloring therapy session of 10 minutes or more.
- _____ Aroma therapy utilized.
- _____ Drink 64 ounces of water.
- _____ Do a quick chair yoga session (can be found on YouTube) before moving on to the next thing on your “to do” list.
- _____ Eat more slowly and mindfully.
- _____ Think of a funny story from your childhood and share it with a friend.
- _____ Go outside and watch the sunrise or sunset.

