

# SEPTEMBER 2023: SELF-CARE CHALLENGE—Getting back in the grove.

## Participation Guidelines:

- ◇ Complete the tasks in any order.
- ◇ Complete 20 days to be entered into the monthly drawing. **One task per day. New task each day—no repeats. We’re looking for variety and new good habits!**
- ◇ Forms must be completed and turned in to [health@fsd145.org](mailto:health@fsd145.org) no later than Wednesday, October 5th.

- \_\_\_\_\_ 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.
- \_\_\_\_\_ 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.

