

# 21 DAY SELF CARE CHALLENGE

DAY 1: Positive Coping Mechanisms

- Incorporate deep breathing into your day

DAY 2: Knowledge is Power!

- Make a list of your major stressors

DAY 3: Don't Be A Camel

- Make a list of your minor stressors

DAY 4: Make A Plan And Take Action

- Categorize and rate your stressors

DAY 5: Improve Your Sleep

- Ready yourself and your room for sleeping

DAY 6: Water, Water Everywhere

- Meet your correct hydration level

DAY 7: Cut The Caffeine

- Reduce your caffeine intake

DAY 8: You Are What You Eat

- Start a food diary

DAY 9: Start Your Day Right

- Have a stress-busting breakfast

DAY 10: Eat To Thrive

- Make conscious food choices

DAY 11: Catch The Sun

- Go for a morning walk

DAY 12: Get Moving

- Look for opportunities to move more

DAY 13: Give Thanks

- Start a gratitude jar

DAY 14: Journalling

- Start a daily journal

DAY 15: Meditation and Mindfulness

- Ease into meditation slowly

DAY 16: Get Back To Nature

- Get outside with Mother Nature

DAY 17: Set Yourself Free

- Learn a tapping sequence

DAY 18: The Power of No

- Practice different ways of saying "no"

DAY 19: Be Social: Laughter

- Look for ways to laugh more often

DAY 20: Take Some Time Out

- Treat yourself to some downtime

DAY 21: Clean Up: Change The Way

- Change the way you look at stress