

The Self Care Challenge

Self care is giving yourself permission to pause.

It is how you take your power back.

- Start something new; A hobby, a new habit or learning a new skill. Review in 30 days.
- Watch your favourite film (With snacks of your choice- guilt-free!)
- Start a new book.
- Do a digital -detox. Enjoy life's simplicity's for the day.
- Create/find some positive affirmations that resonate, repeat them 3 times per day, each day. Connect them with emotion.
- Go for a mindful walk outdoors. Appreciate the smells, sights & sounds.
- Splurge a little- budget dependant, & buy yourself something! Doesn't matter how small (or big).
- Watch an inspired Ted talk.
- Exercise. Whether it be a run, dance, or some yoga, get your body moving. in some way.
- Start a gratitude or A reflection journal.
- Have a relaxing candle-lit bubble bath with chill-out music.
- Create & Listen to a new playlist. Have a solo dance party.
- Get an interest magazine & unwind, Feet up with a glass of your favourite; wine, tea, sparkling soft drink etc.
- Do something creative - design/make something.
- Make a gratitude ritual E.G. Each time you have a drink observe what you are grateful for & 'toast' to your blessings.
- Create a healthy but tasty meal plan, and follow it
- Declutter. Simplify your surroundings & donate that which you no longer need.