

self care challenge

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1
Minority
Mental
Health
Month

2
Organize
your
closet

3
Organize
your
Closet

4
Read
something
for fun

5
Write a
positive
letter to
future self

6
Take
yourself on
a date

7
Start a
journal

8
Make your
favorite
meal

9
Have a
staycation

10
Have a
staycation

11
Go to bed
an hour
early

12
Give
yourself a
facial

13
Write 3
things you
are thankful
for

14
Catch up
with a
friend

15
Unplug
from social
media for
an hour

16
Work on
passion
project

17
Work on
passion
project

18
Watch
favorite
move or
tv show

19
Take a
nap

20
Stretch
for 10
minutes

21
Put on
favorite song
& have a
dance party

22
Listen to
a
podcast
episode

23
Learn a
new skill

24
learn a
new skill

25
take a
relaxing
bath

26
Create a
morning
routine

27
Get 8
hours of
sleep

28
Try a
new
workout

29
Write 5
positive
things about
yourself

30
Create a
self care
plan

31
Create a
self care
plan

#selfcarechallenge2022
#drnicolepsych