**Self-Care 30 Day Challenge:**

Looking after your-self is one of the most important things you can do, after all you can’t pour from an empty cup. To complete this 30 day challenge you will need to do one of the self-care activities below (or if you have your own activities in mind that’s fine) every day for 30 days. It can be the same activity every day or a new one every day. Whilst completing the activity try to focus yourself, think about how what you are doing is beneficial to your wellbeing (mental, social, physical).

1. Make a list of 5 things you are thankful for.
2. Stop yourself from complaining for a full day.
3. Express gratitude to at least one important person in your life.
4. Give yourself a mirror prep talk.
5. Spend 5 minutes [tidying your workspace.](http://www.christytending.com/real-self-care-day-three/)
6. Call a friend.
7. Send a handwritten letter.
8. Walk around your neighbourhood once. Get some sunshine, if it’s available, or a little breeze (or rain) on your face.
9. Spend some [time with an animal](http://www.christytending.com/real-self-care-day-fourteen/) — your own, a friend’s or at a shelter.
10. Cook a [whole meal](http://www.christytending.com/real-self-care-day-ten/) from scratch, with love.
11. Make enough for leftovers. There’s no shame in leftovers. They are a gift from your past self.
12. Drop a habit that doesn’t serve you. Sometimes self-care isn’t about doing something, it’s about *not* doing something.
13. [Meditate.](http://www.christytending.com/real-self-care-day-sixteen/) Just for five minutes. Or try walking meditation — a nice alternative when sitting doesn’t work for you, physically or mentally.
14. Put one plant in your view. You could start it from a cutting from a friend.
15. [Don’t look at screens (including your phone) after 9pm](http://www.christytending.com/real-self-care-day-eight/). Or after dark. Or at the dinner table. (Put your phone on airplane mode, turn off notifications or otherwise make yourself unreachable.)
16. Delete any apps you’re not using – or ones that [don’t make you feel good.](http://www.christytending.com/real-self-care-day-twelve/)
17. Copy [your favourite poem](http://www.christytending.com/real-self-care-day-four/) and put it in your wallet, so that you’ll always have it with you.
18. Make your favourite tea in your favourite mug. Sip slowly (with biscuits).
19. Clear the clutter from one surface of your home.
20. Create your own [custom stress-busting playlist](http://www.christytending.com/real-self-care-day-twenty-four/), whether it’s relaxing music or something to dance and sing your heart out too.
21. Cross something off your to-do list that you just don’t feel like doing (that’s not life or death). Let yourself off the hook. Decide to live without it or outsource it.
22. Stand with your feet shoulder-distance apart feel your body in relationship to the earth. You might bend your knees a little and let your arms swing back and forth. Notice the sensation of the soles of your feet on the ground. Take three deep breaths.
23. Immerse yourself in [hot water:](http://www.christytending.com/real-self-care-day-nine/) bath, hot springs, hot tub, whatever suits you. Really savour the feeling of being held, surrounded by warmth and water.
24. Add Epsom salts, or a tiny bit of essential oils, to your bath for even more muscle-soothing loveliness.
25. Leave yourself [loving post-it notes.](http://www.christytending.com/real-self-care-day-two/)
26. If you’re feeling run-down, set some good boundaries around your time, energy, helpfulness.
27. Get your hands in some dirt and connect with the earth element.
28. Eat a piece of really good chocolate. Allow it to touch each of your senses.
29. [Eat something green](http://www.christytending.com/real-self-care-day-twenty-three/) — a smoothie, a salad, a plate of kale.
30. Eat lunch away from your desk.
31. Have a conversation with someone new.
32. Enjoy some art: whether at a museum or a mural on the side of a building.
33. Re-read your favourite book.
34. Take a picture; every day for a week, of something or someone who brings you joy.
35. Take a picture of yourself, every day for a week. Notice all the things that make you… you.
36. Smile at the next five strangers you pass.
37. Clean out your wardrobes.
38. Give yourself some *reiki*, or healing energy or a hand/ foot massage.
39. Play cooperative board games. None of the competitiveness, all of the silliness and fun.
40. Keep regular hours: go to bed at about the same time and [wake at the same time](http://www.christytending.com/real-self-care-day-nineteen/) each day. Let your body find its rhythm.
41. Use a salt lamp: it creates negative ions and counteracts the effects of harsh screens.
42. Have a skincare session. Make your skin feel and look great.
43. Host a dinner party. Fill your home with friends and food.
44. Feed yourself a food you’re craving deeply – notice what foods for which your body truly hungers.
45. Go to bed as early as you like.
46. Wear your comfiest flannel shirt. Or something fabulously sequined. Wear something you save for a special occasion – or something that just makes your body feel really good.
47. [Honour your breath.](http://www.christytending.com/real-self-care-day-twenty-five/) Either use a technique that’s familiar to you, or take three to five deep breaths when you need a break.
48. Apologize for something. Clean up your mess and make amends with someone.
49. [Forgive](http://www.christytending.com/real-self-care-day-thirty/) someone without getting an apology.
50. Forgive yourself for any regrets.
51. Watch your favourite movie with a happy ending.
52. Wrap yourself up in [your cosiest sweater or blanket.](http://www.christytending.com/real-self-care-day-seventeen/)
53. [Clear your space.](http://www.christytending.com/real-self-care-day-one/) Light a scented candle, even opening a window to let a breeze in. Let the stagnant out and the fresh in.
54. Give yourself a hand or foot massage.
55. Trade massages with a partner or friend.
56. Get yourself some fresh flowers. They don’t have to be from a store. Wildflowers or something from the garden will do. (I actually like succulent cuttings.)
57. [Tell one person who doesn’t know it that you love them.](http://www.christytending.com/gratitude-is-a-force/)
58. Join a club, for an interest or your health ie:- book club, slimming world, art class, walking club.
59. If you’re a schedule-minded person, [schedule a self-care date with yourself.](http://www.christytending.com/real-self-care-day-twenty-eight/) Put it on your calendar the way you would any other important work.
60. [Say no to a project.](http://www.christytending.com/my-word/)
61. Say yes to an adventure.
62. Do the thing on your to-do list that you’ve been most dreading.
63. Curl up with a hot water bottle by your belly or feet.
64. Wash your sheets and make your bed — attend dutifully to the place where you spend maybe a third of your life.
65. Take a nap.
66. [Move. In a way that suits your body today.](http://www.christytending.com/real-self-care-day-twenty/)
67. Do one thing (whether a task or something for pleasure) with your whole attention.
68. Stretch. Your body, your brain, your perceptions.
69. Close your eyes and allow your intuition to tell you what to do next, rather than your to-do list.
70. Chant or sing your favourite song. Out loud.
71. Switch up your alarm clock to one with a more gentle sound.
72. Make art: knitting, watercolours, sketching, hand-lettering. Let it be bad. Just allow your-self to play and create.
73. Try colouring books, if you’re craving more structure. They’re fun, beautiful, and great for mindfulness practice.
74. Burn what doesn’t serve you anymore. This could be a metaphorical fire. Or a literal burning of old papers or journals.
75. Learn to cook five healthy, delicious recipes. (Or five new ones!)
76. Fill your home with framed pictures of loved ones. Or yourself having adventures.
77. Make friend-dates, or even friend-phone-dates. Cultivate your friendships the way you might a new romance.
78. Do the dishes before bed.
79. Take a road trip.
80. Pick up a hobby from when you were a kid: ice skating and horseback riding, swimming.
81. Cultivate gratitude. Start integrating thankfulness and joy into your life in a regular way.
82. Go tell someone else why you’re grateful for them.
83. Laugh.
84. Create a win book: a blank notebook where you write down all of your “wins.” Include compliments, achievements, “yeses” you’ve received. These wins can be big or small, so keep track of all of them.
85. Wear a colour you love.
86. Do 10 minutes of *savasana*, or corpse pose in yoga. Or put your legs up the wall for 10 minutes. Nurture your nervous system with some [restorative yoga.](http://www.christytending.com/real-self-care-day-eleven/)
87. Let yourself ask for what you need.
88. Focus all of your attention on one of your senses: taste, touch, smell, sight, sound. Fill them with something wonderful.
89. Free write: [journal](http://www.christytending.com/real-self-care-day-twenty-nine/) without letting your pen leave the page for 3 full minutes, and notice what comes up.
90. Fix something that’s broken. That ripped shirt? The bulb that’s been burned out for ages? Offer them some love and make them good as new.

**Pick one (or more) and make a note of what you did and how you felt afterwards every day for 30 days.**

Day 1: .

Day 2: .

Day 3: .

 Day 4: .

Day 5: .

Day 6: .

Day 7: .

Day 8: .

Day 9: .

Day 10: .

Day 11: .

Day 12: .

Day 13: .

Day 14: .

Day 15: .

Day 16: .

Day 17: .

Day 18: .

Day 19: .

Day 20: .

Day 21: .

Day 22: .

Day 23: .

Day 24: .

Day 25: .

Day 26: .

Day 27: .

Day 28: .

Day 29: .

Day 30: .