

20 DAY SELF-CARE CHALLENGE

Self-care is so important for good mental health. Taking time for yourself and caring for your body and mind should be part of your daily routine.

Use the month of May to start practicing good self-care habits!

PRINT THIS GUIDE | CROSS OFF CHALLENGES AS YOU COMPLETE THEM
FILL IN BLANK SPACES WITH YOUR OWN HEALTHY CHOICE

Share your healthy choices and inspire others!

Have a screen free evening	Walk around your house/building at lunch	Add a vegetable to your lunch		Eat a well-balanced meal	Do a deep breathing exercise	Drink 8 glasses of water
	Do an act of kindness	Start your day with 25 push-ups	Stand for 10 minutes of every hour for 8 hours	Get 30 minutes of sunshine	Take a walk after dinner	Have a piece of fruit for a snack
Add a fruit to your lunch	Get 8 Hours of sleep	Call a family member to say hello		Outdoor activity for 30 minutes	Get 8 hours of sleep	Exercise for 30 minutes
Plan a healthy day of eating	Start your day with 25 sit-ups	Drink 8 glasses of water	Try a new kind of exercise	Drink only water for a day	Add a fruit to your breakfast	Donate something you do not use
	Hold a plank for 30 seconds	Make a fun workout playlist	Make a healthy dessert	Do a meditation exercise	Put screens away for 1 hour before bed	



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