

TREAT *yourself* 30-Day Self-Care Challenge

Physical	Emotional	Social	Spiritual	Mental
Take a 30-minute walk	Spend 30-minutes reviewing your finances	Call a friend and talk with them for 30 minutes	Spend 30-minutes journaling	Allocate 30 minutes to read a book or magazine
Enjoy a full 30-minute body stretch	Unplug from all technology for 30 minutes	Visit with a co-worker or neighbor for 30 minutes	Write down 30 things you are grateful for	Try something new for 30 minutes
Spend 30-minutes reflecting on your overall health	Spend 30-minutes listening to your favorite music	Attend and participate in a class for 30 minutes	Give someone in need 30 minutes of your time	Spend 30 minutes doing something creative
Enjoy 30-minutes outdoors in the sunshine and fresh air	Organize a space in 30 minutes	Host a game night for at least 30 minutes	Spend 30-minutes outdoors in nature	Take a scenic drive for 30 minutes
Take a 30-minute nap	Declutter your space and purge 30 things	Call a family member and talk with them for 30 minutes	Spend 30-minutes listening to a guided meditation	Engage in an activity for 30 minutes that will challenge your mind
Go to bed 30 minutes early	Do something relaxing for 30 minutes	Take at least a 30-minute lunch break and invite someone to join you	Practice yoga or deep breathing for 30 minutes	Write a letter to someone for 30 minutes and send it