

# March 2022

## Self-Care Challenge

Throughout the month, make focusing on yourself a priority. As they say, you can't pour from an empty cup, so in order to take care of others you need to care of yourself first. Try as many days as you can.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Take a bath & listen to spa music	2 Light a candle	3 Eat dinner outside and enjoy the view	4 Sleep in
5 Make a healthy meal plan for the week	6 Take your dog for a walk	7 Wear something that makes you feel great	8 Stretch for 15 minutes	9 Write a letter to your future self	10 Call or see a loved one and catch up	11 Walk around a farmers market
12 Prepare your lunch for the week ahead	13 Do one thing you've been putting off	14 Have a social media free day	15 Say 2 positive affirmations to yourself	16 Focus on slowing down at 2 different points today	17 Clean up/organize your email inbox	18 Read a book or magazine you enjoy
19 Try a new physical activity	20 Create a new morning routine	21 Meditate for 15 minutes	22 Have a good laugh	23 Snuggle your pets	24 Watch an inspiring documentary	25 Walk at the Greenway
26 Watch a favorite movie or show	27 Listen to 2 guided imagery or meditations	28 Do some arts and crafts (coloring counts)	29 Spend time in the sunshine	30 Go for a nice long walk	31 Listen to your favorite music	

Name: \_\_\_\_\_

Department: \_\_\_\_\_

Turn in completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by April 10th.

