

HANOVER SAFE PLACE

30 Day

SELF-CARE CHALLENGE

Day 1
Go for a walk

Day 2
Meditate

Day 3
Listen to your
favorite
song

Day 4
Get outside

Day 5
Catch up
with a friend

Day 6
Have a
healthy meal

Day 7
Journal for
10 minutes

Day 8
Treat yourself

Day 9
Dance it out

Day 10
Drink more
water

Day 11
Organize
your space

Day 12
Take a nap

Day 13
Do
something
creative

Day 14
Make a budget

Day 15
Read for 20
minutes

Day 16
Practice
a hobby

Day 17
Use towels
from
the dryer

Day 18
Thank
someone

Day 19
Try
something
new

Day 20
Practice
deep
breathing

Day 21
Savor a
warm drink

Day 22
Do
some yoga

Day 23
Go to bed early

Day 24
Take a break

Day 25
Belly laugh
at
something

Day 26
Practice
Gratitude

Day 27
Stretch

Day 28
Watch your
favorite
movie

Day 29
Write your
goals for
the month

Day 30
Watch the
sunset