



BEECHDALE

# 31 Day Self Care Challenge for January

(Select one act of self-care each day and tick them off as you go along.)

Write down 5 things you are grateful for and why.

Go for a 30 minute walk.

Put on your favourite music & dance!

Go to bed at least one hour earlier than you normally would.

Have a relaxing bath or shower.

Meet a friend or family member for a walk & a coffee.

Cook or bake something you've never made before.

Have a Social Media free evening, nothing after 6pm.

Listen to an uplifting Podcast.

Declutter a Drawer or Cupboard

Reach out and thank someone for something they have done or helped you with.

Start reading a book that was recommended or is on your list to read.

Watch your favourite film.

Get up 15 minutes earlier in the morning.

Have a home pampering session or book a massage

Listen to a 10 minute meditation.

Set yourself a Goal you want to achieve in 2023.

Spend time on your favourite hobby / interest.

Write down 3 things you are personally proud of achieving.

Unsubscribe to unwanted e-mails.

Choose something new to learn.

Set yourself a Goal that you want to achieve within the next month.

Buy some flowers or something that makes you smile.

Watch a TV programme that makes you laugh out loud.

Try some art therapy; colour, paint, sketch or doodle.

Practice Stretching / Yoga moves for 10 minutes.

Complete a 10 minute Youtube Breathwork session.

Drink 2 litres of water

Create a vision board.

Read inspirational quotes.

Make your favourite meal.

**Self-care is not a luxury, it is essential!**



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www.beechdaleservices.com