

Self-Care Challenge



How it Works

Self-care offers you the opportunity to slow down and maintain a healthy relationship with yourself. Self-care includes activities that you actively and intentionally engage in to enhance your health and well-being. These activities often help you unwind or de-stress in a positive, healthy way. It's not just getting pampered at a spa, either. Self-care involves everything from physical and social activities to intellectual and spiritual activities.

Engagement Ideas

- Email the challenge printable
- Provide mindfulness workshops or sessions
- Cater healthy lunches or brunches for employees
- Offer short stress and time management courses
- Create a quiet space in the workplace for reflection



“Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.”

— Parker Palmer

Self-Care Ideas Checklist

Over the next month, consider different ways to treat yourself to self-care activities.

Social

- FaceTime a loved one
- Go shopping with friends
- Have coffee with a friend
- Join a group outing with new friends
- Engage in healthy social media usage

Spiritual

- Pray
- Meditate
- Try yoga
- Help others in need
- Look for higher purpose
- Consider how to support others

Physical

- Eat healthy
- Take meds as prescribed
- Get your annual physical
- Try a new fitness routine
- Walk a local trail or park grounds
- Sleep between 7 to 9 hours nightly

Emotional

- Cuddle
- Journal
- Talk to a counselor
- Read a self-help book
- Practice affirmations

Financial

- Ask for a raise
- Develop a budget
- Start a savings plan
- Speak to a financial advisor
- Invest in a company you believe in

Intellectual

- Listen to a podcast
- Try something new
- Listen to an audiobook
- Watch a documentary

