

February Self Care Challenge

Show your car some TLC.

Go for a long walk.

Grab lunch with a friend.

Say no to something you don't want to do.

Take a few minutes to stop and breathe.

Call a friend.

Move your body for 30 minutes.

Listen to a podcast.

Go to bed 30 minutes early.

Disconnect from your phone for awhile.

Move your body for 15 minutes.

Watch something that makes you laugh.

Unfollow anyone that makes you feel "less than."

Move your body for 25 minutes.

Spend some time with your family.

Watch a favorite movie.

Make a list of fun things you want to do.

Go to bed 30 minutes early.

Eat your favorite lunch.

Move your body for 20 minutes.

Have a dance party.

Listen to songs from your teen years.

Take a nap.

Send 10 friends an encouraging picture or message.

Perform an act of kindness for someone else.

Take 10 minutes to stretch.

Move your body for 10 minutes.

Go outside for 20 minutes.