



31 Days of Self-Care

1. Take three deep breaths when you first wake up & again when you go to bed.
2. Carve out fifteen minutes of solitude for yourself today.
3. Step outside tonight and look at the moon.
4. Collect 3 hugs. If you're by yourself, try a butterfly hug.
5. Make a date with a friend this month to do something fun and relaxing that has nothing to do with food.
6. Build nutrient-density into your menu this week: cook some organ meat or shellfish.
7. Go to bed early tonight.
8. Go for a walk or a scenic drive.
9. Say no to something you don't want to do.
10. Write down three things about your day that make you feel grateful.
11. Put your smartphone in a drawer for an hour and enjoy some peace.
12. Read a children's book.
13. Call someone you love who you haven't talked to in a long time.
14. If you sit a lot, use a timer to remind you to get up and move around once an hour.
15. Make some bone broth (or purchase it in the store) and drink a cup with dinner.
16. Meditate for five minutes (or longer).
17. Take a nap.
18. Collect beauty today: Whenever you walk through a doorway – inside or outside – look around and find something beautiful.
19. Take an Epsom salt bath (or footbath) before bed.
20. Add some extra vegetables to your meals today.
21. When you wake up, don't look at your phone or computer for the first hour.
22. Eat a mindful meal today, where you taste and savor every bite.
23. Go out of your way to smile at people & enjoy the smiles in return.
24. Do something that brings you joy.
25. If you feel stressed today, take a self-compassion break with a self-compassion meditation from Dr. Kristin Neff's website <https://self-compassion.org/category/exercises/>.

26. If you live someplace warm, walk barefoot through sand or grass. If you live somewhere cold, bundle up and get outside and enjoy the fresh air.
27. Do a random act of kindness.
28. Listen to some favorite music.
29. Declutter a drawer or shelf.
30. Send Loving Kindness to five people. To learn more about Loving Kindness Meditation listen to:
<https://pepforlife.com/pep-talk-30-day-acts-of-kindness-challenge-loving-kindness-meditation/>

May I be happy
May I be safe
May I be healthy
May I live with ease

May you be happy
May you be safe
May you be healthy
May you live with ease

31. Write down five wishes for the next 12 months.

<https://www.phoenixhelix.com/31-days-of-holiday-self-care/>