

# 30 DAYS OF SELF CARE

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TAKE A LOOK AT THE CALENDAR FOR THE #30DAYSOFSELFCARE CHALLENGE AND PLAN HOW AND WHAT TIME YOU ARE GOING TO SCHEDULE “ME TIME”.

EACH DAY FOCUSES ON DIFFERENT ELEMENTS OF CARE: SENSES, PHYSICAL, PSYCHOLOGICAL AND EMOTIONAL.

YOU CAN COMPLETE THEM IN ORDER, OR MIX AND MATCH TO HOW YOU’RE FEELING.

WHY NOT TRY INTERPRETING A SELF CARE DAY INTO AN ACT OF KINDNESS OR MESSAGE OF SUPPORT TO ANOTHER?

DON’T FORGET TO SHARE YOUR PICTURES AND PROGRESS ON SOCIAL MEDIA, TAG US USING  @SAVANA,  @SAVANA25TH AND  @SAVANA\_STOKE.

THANK YOU FOR TAKING PART, YOUR SUPPORT IS GREATLY APPRECIATED!

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<p><b>DAY 1 Journal</b></p> <p>At the end of each day journal about your day or how you feel. This can be writing; a drawing or photograph; a song lyric or quote; or even an item. Your journal can be on scrap paper, a computer, your phone or even a combination of items in a box... it doesn't matter.</p>	<p><b>Sight.</b></p> <p>Take creative photos of your favourite spaces</p>	<p><b>Rest</b></p> <p>Whatever rest means to you. Sleep late, nap, meditate, get an early night. Use today to recharge. You can even look at ways to improve your sleep habits!</p>	<p><b>Curiosity</b></p> <p>Engage your brain in a new activity. Read a new blog, start learning a new hobby, read an interesting article. Be curious and learn!</p>	<p><b>Gratitude</b></p> <p>Take some time out today to think about, draw or write down things you are grateful for. People, places, experiences. Past or present.</p>
<p><b>Smell</b></p> <p>Slow down, and appreciate each moment, notice the smells you encounter throughout the day, the morning air, clean washing, your food. Spend a few moments with your eyes closed experiencing each new smell. Try some mindfulness: close your eyes and drift away to your favourite place; what can you smell?</p>	<p><b>Walk</b></p> <p>Whether you prefer the sunshine or the cool evening. Notice nature, other people, sounds, smells.</p>	<p><b>Give</b></p> <p>There are so many ways we can give, whether it's to ourselves, people we care about or causes we love. Donate something to someone or a cause. This could be your time, an old book, clothes or a friendly ear. We all have something to offer.</p>	<p><b>Laugh</b></p> <p>Find something that makes you laugh. It could be a joke, a funny video, a movie, a song, a memory. Let yourself enjoy the moment and laugh out loud.</p>	<p><b>Taste</b></p> <p>Cook or prepare your favourite meal/one you really enjoy. Take your time to eat slowly and appreciate the flavours. Try to chew each bite around 15 times. Enjoy your food.</p>
<p><b>Soak</b></p> <p>Take some time for yourself today by taking a bath however you like. Bath bombs, bubbles... the only rule is to relax and feel yourself floating. Prefer to shower? Take some extra time in there, feel the water wash over you and relax your muscles.</p>	<p><b>Inspiration</b></p> <p>Engage in something new and inspirational! A new book, TV series, movie or video game. A virtual tour of an art gallery or museum! Be inspired today.</p>	<p><b>Compliment</b></p> <p>Look in the mirror and compliment yourself, even if it's just once. It can be about anything: Like how you look today? Nailed that bit of work this week? Managed to get out of bed? Compliment yourself as many times as you want! You're awesome.</p>	<p><b>Touch</b></p> <p>Throughout the day, touch different objects with your eyes closed. Notice how different things feel, different textures, temperatures. Connect your feet with grass or soil. Feel the wind, sun or rain on your skin and notice all the sensations. Touch doesn't just happen through the hands!</p>	<p><b>Breathe</b></p> <p>Take some time to breathe. Whether it's sitting with your eyes closed taking deep, purposeful breaths. Or following a breathing exercise or mediation online. Notice your breath.</p>

<p><b>Create</b></p> <p>Draw, paint, write, colour, model, sew, knit, sing, play music. Create something just for you, or to share with others!</p>	<p><b>Cry</b></p> <p>Allowing yourself to cry when you're sad or when you're happy can be a scary thing. Let yourself go. Watch a sad movie or cry at that happy ending.</p>	<p><b>Hearing</b></p> <p>Take some time today to listen. Play your favourite song, close your eyes outside and notice all the different sounds around you. Watch ASMR videos online or experience a sound bath online. Notice the vibrations of sound.</p>	<p><b>Dress well</b></p> <p>Put on your favourite clothes! Are they your comfiest? Your most stylish? Or is there a story behind them?</p>	<p><b>Minimalism</b></p> <p>Just for today try not to complain. Try not to spend any money. Appreciate all the small things we have.</p>
<p><b>Explore</b></p> <p>Write a letter to yourself. It can be about anything. Explore your feelings, your intentions, your questions, your worries, your dreams. Communicate with yourself, you might be surprised.</p>	<p><b>Balance</b></p> <p>Try yoga, even if it's just one pose. Find your balance for the day..</p>	<p><b>Drink water</b></p> <p>Today cut all other drinks from your diet. Treat your body to at least 8 glasses of water throughout the day!</p>	<p><b>De-clutter.</b></p> <p>Whether that means tidying your house, a room, throwing away old socks or just emptying your purse/wallet. Make yourself some space.</p>	<p><b>Love</b></p> <p>Spend some time with loved ones. Whether you're in the same home or you meet virtually, get together and enjoy each other's company. Play a game or each write 1 round of a quiz. However you want to spend your time together</p>
<p><b>Control</b></p> <p>Take a pen or pencil and a piece of scrap paper. Close your eyes and let your arm and hand moves the pen across the paper. Notice the control you have over your movements, even in the dark.</p>	<p><b>Dance, juggle, spin</b></p> <p>However you see fit. Today is about movement, it can be as simple as playing your favourite song with your eyes closed and letting your body move how it wants.</p>	<p><b>Do not disturb</b></p> <p>Try to spend a day without your phone. Turn off notifications, or limit social media. Spend time with you.</p>	<p><b>Feel</b></p> <p>Connect with your feelings. Start re-reading your favourite book, re-watching your favourite movie/show, re-listening to your favourite album. What is it that connects you emotionally to it?</p>	<p><b>DAY 30</b></p> <p><b>Spread the love</b></p> <p>Random act of kindness to yourself or someone else.</p>