

30 DAYS OF SELF-CARE

When you decide to commit to this 30 day self care journal, REALLY commit to it. Not only because you will feel amazing afterward, but also because you will understand that looking after yourself doesn't take a lot of time out of your day and can even be done throughout your day. Like anything it takes practice. Enjoy!

DAY 1  Write down one thing you love about yourself.	DAY 2  Make the effort to smile at a lot at people you know, people you don't and for no reason at all.	DAY 3 Somewhere in your day spend 10 minutes sitting in silence with your eyes closed.	DAY 4  Before you work or study today, take 1 minute to focus on the flame of a candle to focus your mind.	DAY 5  Sing your favourite song in the shower today.	DAY 6  Tell at least one person something nice about themselves.
DAY 7  Take 10 minutes out of your day to doodle, draw or colour mindfully.	DAY 8  Take a 10 minute break from study/work so you can clear your mind.	DAY 9  Make a list of things you are great at.	DAY 10  Turn off your phone for at least 4 hrs this evening.	DAY 11  Dance and sing like nobody is watching.	DAY 12  Write down 10 things that make you happy and do 1 of those things today, if possible.
DAY 13  Write down your goals and dreams.	DAY 14  Do one thing today to make the world a happier place.	DAY 15  Write down 3 things you are grateful for in your life.	DAY 16  Read a book that you enjoy for 10 minutes.	DAY 17  Eat healthily today.	DAY 18  Do something that makes you happy today.
DAY 19 Watch something funny and laugh from your belly.	DAY 20  Eat some stress busting food full of magnesium today.*	DAY 21 Go for a 10 minute mindful walk outside to clear your head and re-charge your batteries.	DAY 22 Be aware of negative self talk & replace it with positive self talk.	DAY 23  Give someone a helping hand today.	DAY 24  Today, eat food that doesn't come out of a packet or tin.
DAY 25  Take a break from work/studying to do some neck & wrist stretches.	DAY 26 Find a space outdoors to cloud watch for 10 mins.	DAY 27  Do a forward bend today, to stretch your legs and bring fresh blood supply to your head.*	DAY 28 Make a connection with a friend you haven't spoken to in a while, pick up the phone and call them.	DAY 29 Go to bed early tonight and get over 8 hrs sleep.	DAY 30 Set your own self care task today.

Day 20 - Some magnesium filled foods and green leafy veggies, bananas, avocados, tofu, lentils, almonds/cashew nuts.

Day 27 - Remember to bend your knees and curl your spine down slowly and come up slowly. If it's too hard, you can push your hands in to a wall to help you stretch.

