

30-Day Self-Care Challenge

When we think of getting healthy, we often think of eating better and exercising more. But our emotional well-being is just as important as our physical health!

When you're ready to start your challenge, your mission is simple: **Practice one self-care activity** each day for 30 days in a row. Follow the guide below for ideas, or stick with what you know works for you. Either way, the goal is to focus on your emotional and mental wellness by taking care of your heart and mind.

Let's get to it!



Check off all the days when you practiced a self-care activity.

Click the squares on the left side of each day, or print this out and fill them in by hand. If you're a **myStrength** member, be sure to **track your emotions in your app!**



1

The best way to start improving your mood is to take note of how you feel. **Jot down how you feel today** (or even every day). Over time, you may see patterns in how you feel a certain way, where, and around whom.



2

Why is self-care important to you? Maybe you want to feel more connected to your feelings. Maybe you want to feel more present in relationships. Maybe you're working through something from your past. Whatever it is, **write it down** to remind yourself what's in it for you.



3

Talk it out. Think of someone in your life who supports you, then reach out to them to share how you're feeling. You might text your best friend to tell them how happy you are, or call a family member to work through something that's making you sad or angry.



4

When you're feeling stressed or overwhelmed, you can calm yourself with some simple deep breathing exercises. Try this **4x7x8 breathing technique** and see how it works for you.



5

Expressing your emotions is important! But it's not always appropriate to cry in a meeting or yell in front of your kids. **Find a place where you feel free** to express yourself. It could be in your car, on a solo walk, in therapy, or with a trusted friend or loved one.



6

Our thoughts affect our feelings. A regular **mindfulness meditation** practice can give you more freedom to choose which thoughts to focus on, and which ones to let go. Mindfulness can also prevent stress from building up! Give it a shot today.

30-Day Self-Care Challenge



7 Don't feel like talking or meditating? **Physical activity** is a great way to work through emotions. Take out your anger with a powerful workout, dance in your joy, do some stretches to work through boredom, or try another activity that connects your body to your feelings.



8 Your best shot at an emotionally balanced day happens before you even wake up! Getting a healthy amount of sleep is an important foundation for mental clarity and mood. Check out our tips to **fall asleep faster and stay asleep longer**.



9 Music can evoke emotions for many people. Set some time aside today to **listen to a song** that means a lot to you and "gets you in your feelings"—anything that helps you process whatever is on your mind today.



10 If you want a balanced mind, it helps to have a **balanced plate**. Use this guide to make sure you're giving yourself proper nutrition. After all, your brain needs vitamins and nutrients just as much as the rest of your body!



11 What things make you happy? Do you like to build things or craft? Maybe you find joy in gardening or yard work. **List out a few activities that make you happy**. Keep that list handy so you can remind yourself of some options when you need more cheer in your life.



12 Stress is a really common emotion. But you can work through it. Here are **8 ways to better manage stress** in your life.



13 **Remind yourself of your achievements** by writing them down. Quitting tobacco, losing weight, raising kids, paying off debt, getting an education—these are just a few examples of amazing things you may have accomplished. When you start to doubt yourself, review your list.



14 Want to try mindfulness, but don't feel like sitting and meditating? This **mindful walking activity** might be just what you need. Engage your mind and body together with this short guided exercise.



15 "I'm no good at this; I should just give up." Sound familiar? All-or-nothing thinking can convince us to throw in the towel before we've finished the fight. Here are some helpful steps to **reframe all-or-nothing thinking** so you can stick with your goals.

30-Day Self-Care Challenge



16



You're halfway through! What's working so far? **Write down** which self-care tactics have gone well for you, and repeat them moving forward.

17



Did you know going for a walk can improve your mood and **lower your risk for depression**? **Take a walk today** to ground yourself and lift your spirits.

18



Remember: No feeling lasts forever. If you feel a good feeling today, take a moment to be grateful for it. And if you feel upset or down today, rest assured that it will pass.

19



Feeling too anxious or stressed to fall asleep? These **5 bedtime journaling prompts** can help clear your head so you can rest peacefully.

20



It's important to stay informed. But watching or reading too much news every day can really weigh on our hearts and minds. Today, **try limiting your news intake** to just once, or even none!

21



Clenched jaw? Furrowed brow? Tight shoulders? Sore back? We store our emotions in our bodies, and it's important to let them out. Try a simple **progressive muscle relaxation** exercise to release some tension and soothe your body.

22



One way to feel more positivity is to help spread it. **Show someone some kindness today.** You could pay them a compliment, tell them something you admire about them, or even just do them a favor.

23



Making changes is hard. That's why it's common to want to give up on our goals—even 30-day challenges like this one! But when you recognize that fatigue, you can work through it. Try these **7 steps to overcome burnout.**

24



Getting outside and experiencing nature can have a big impact on our mental well-being. Today, schedule a little time for a neighborhood stroll, some scenic sightseeing, a picnic in a nearby park, or even just a restful moment sitting in your own backyard.

30-Day Self-Care Challenge



25

Many of us turn to food when we're feeling angry, lonely, bored, or even happy. Emotional eating is common, but it can lead to a complicated relationship with food. If you rely on treats and food for emotional support, here are some tips to [break free from emotional eating](#).



26

Stay hydrated! You might be surprised how much a lack of water can impact your mood. Depending on your health needs, aim to drink about **3 liters (or 12 cups) of water each day**. (People who have been diagnosed with chronic kidney disease or heart failure should check with a doctor first.)



27

Ready for a more advanced skill? Try [feeling time move through you](#). This meditation is a powerful way to help calm and center yourself.



28

Getting more in tune with our emotions can bring up a lot for people. If you feel like you could use more guidance from an expert, consider [reaching out to a licensed therapist or counselor](#) for more support.



29

Almost done! Finish strong with this guided [loving kindness meditation](#). This is a great exercise to fill yourself with positivity and gratitude.



30

Congratulations, you've completed the challenge! [Write down how you feel today](#) and compare it to Day 1. Do you notice any changes after completing this challenge? You may have surprised yourself!



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