30 DAY SELF-CARE CHALLENGE

MAKE YOUR
SELF-CARE
A PRIORITY

Join CVT all month in taking steps to take care of your mental health during the COVID-19 pandemic. Brought to you by CVT Ethiopia-Gambella

week one
+ Spend time imagining how you’d like to feel at the end of this challenge
+ Drink enough water throughout the day
+ Write down one positive thing about your day before bed each night
+ Spend 30 minutes doing something creative you love
+ Watch sunrise or sunset
+ Catch up with an old friend or relative
+ Enjoy all the things that make you laugh

week two
+ Practice positive thinking
+ Try a 15-minute guided meditation
+ Write a letter to your future self
+ Relax with your favorite movie or TV show
+ Work on saying Yes to you and No to others
+ Enjoy a “me” time day
+ Social media detox for a day

week three
+ Practice mindfulness
+ Wear something in your favorite color
+ Compliment three people
+ Create a positive affirmation and repeat it to yourself throughout the day
+ Pay attention to what food you eat and how it makes you feel
+ Spontaneously dance for five minutes
+ Identify things that make you feel unsafe and work to remove those

week four
+ Reach out for help if you need it
+ Set goals to improve your professional life
+ Go for a 10-minute walk each day for the rest of the challenge
+ Stretch for five minutes and focus on your breathing
+ Let go of guilt; don’t blame yourself
+ Find time to do something you LOVE
+ Make a list of things your love about yourself

week five
+ Connect with the earth by putting your feet in the grass
+ Write down five things you are grateful for
+ Congratulate yourself!
+ Start over and create healthy habits