



30 DAYS OF SELF-CARE

Day 1

Write down 3 positive things about your day so far

Day 2

Take a break to stretch your body/do some yoga

Day 3

Send a meme to a friend

Day 4

Take 5 deep breaths

Day 5

Compliment yourself

Day 6

Watch an episode of your favorite comfort show

Day 7

Make a to-do list & follow @bewellwwu on Instagram!

Day 8

Listen to your favorite song & take a warm shower/bath

Day 9

Create a gratitude list

Day 10

Set a healthy boundary & sleep in where your schedule allows!

Day 11

Spend time with your pet

Day 12

Make your bed & go for a walk

Day 13

Say yes to spontaneous plans!

Day 14

Drink your favorite warm beverage & revisit an old book you love

Day 15

Fill in a coloring page or follow a drawing tutorial

Day 16

De-clutter/organize your space

Day 17

Put on a cute outfit & drink water

Day 18

Try a grounding technique

Day 19

Fill out a WWU Wellness Worksheet!

Day 20

Do an act of kindness

Day 21

Create a new playlist & cook a nutritious/comforting meal

Day 22

Clear your social media of pages that don't inspire or bring you joy

Day 23

Follow a 10-15 minute guided meditation

Day 24

Spend some time outside

Day 25

Journal out your thoughts

Day 26

Call a friend

Day 27

Have a healthy snack & take a nap

Day 28

Create a colorful list!

Day 29

Have a dance party for one

Day 30

Set aside some time for a fun or relaxing activity this weekend