

## WTE Self-Care Challenge

As we all juggle the challenges of online school for our children, working from home and quarantining during these unusual times, it is important to remember to take care of ourselves!

Self-care is the care for one's own physical, mental and emotional health. This can be achieved through completing activities that will enhance energy and reduce stress.

I hope that you will take five minutes out of your busy day to focus on yourself and your own well-being. After all, you can't take care of others if you don't take care of yourself. Enjoy!



**Always fill your own  
cup first**

And allow the world to benefit from  
the overflow!

### Monday

1. Declutter: get rid of at least one thing you never use.
2. Make a list of three things that make you happy, and why they make you happy.
3. Take 10 deep breaths.

### Tuesday

1. Listen to a relaxing song.
2. Look in a mirror and give yourself a positive affirmation.
3. Think about your posture. Sit up straight. Stand tall. Keep your head up. Stretch.

### Wednesday

1. Learn one new fact and share it with a friend.
2. Make a list of the qualities you love about yourself.
3. Close your eyes and think for one minute. Don't think about the future or the past, think about the present moment you are in.

### Thursday

1. Write down the worst part of your day and the best part of your day.
2. Stay off of social media for the day.
3. Drink at least 64 ounces of water during the day.

### Friday

1. Complete an act of kindness for a stranger.
2. Call someone you have not spoken to in a while and catch up.
3. Go for a walk.

### Saturday

1. Tell someone how much they mean to you.
2. Do some yoga or go for a walk.

### Sunday

1. Reflect on the week you had.
2. Set as short-term goal for the upcoming week.