



Self-Care Challenge

30 DAYS TO A HAPPIER, HEALTHIER YOU!



NAMASTE HAPPY

HAPPINESS
STRIVE FOR PERFECTION



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Self-Care Ideas & Inspiration

REST & RECOVER:

- Sleep in
- Go to bed early
- Foam roll
- Hot bath
- True rest day
- Pamper yourself -
(facial, pedicure, massage, etc)

NOURISH:

- Try a new food
- Avoid processed food
- Drink 1 gallon of water
- Switch out nightcap for tea
- Have an extra serving of veggies

HEART CARE:

- Watch a sunrise or sunset
- Listen to a TED talk
- Call an old friend
- Random act of kindness
- Cuddles!

BODY CARE:

- Do some yoga
- Go on a hike
- Stretch
- Long walk (stop to smell the roses)
- Try a new workout

MENTAL EXERCISES:

- Practice mindfulness/being present
- Digital detox day
- Read a book
- Meditate
- Brain activity -
(puzzle, color, Sudoku, etc)

HAVE SOME FUN:

- Movie night
- Moms/girls night out
- Listen to upbeat music
- 30 minutes of me-time
- Treat yourself with your
fav food/drink

MORE SELF-CARE INSPIRATION, ADVICE AND PRINTABLES AT:

WWW.NAMASTEHappy.LIFE



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