

Anxious and Alive 25 day Self-care Challenge

This 25 day challenges is intended to help you get in touch with the kinds of things that make you feel good. Self-care is extremely important on a regular basis, but becomes even more important in times of stress. These 25 days will help you take care of your sensory, mental, spiritual, emotional, physical, social, and simple pleasure needs.

I encourage you to journal throughout the challenge to really acknowledge how each experience has served you. If you don't feel that any particular activity is something that will make you feel good, journal about why you feel that activity won't serve you. You can also double up on any of the activities to replace a day that doesn't speak to you.

On the last page, there are two calendars. In the first, you can monitor how many glasses of water your drink each day. In the second, you can monitor how many hours of sleep you got the night before. Take note of how altering these behaviours makes you feel.

With all that said, here we go!

Day 1: Make a playlist of all of the songs that make you feel good. Keep it as a soundtrack for your 25 day self-care journey

Day 2: Create 5 sticky notes or signs to hang in your bedroom, with thoughts you need to begin to believe eg. I am smart, I have a great body, I am worthy of love (p.s. all these things are true about you!)

Day 3: Focus on the present moment as much as possible during the day. Re-direct your thoughts to the now if you feel yourself drifting. Continue this as much as possible throughout this self-care journey.

Day 4: Read the latest story on anxiousandalive.com. Leave a feel-good comment for the writer if you identify with their words.

Day 5: Do something creative- write a song, draw something, make something you can be proud of!

Day 6: Call someone you love and haven't seen in a while.

Day 7: Have a cup of tea or hot chocolate. Drink it away from the computer or TV. Pay attention to how each sip feels. Relax into enjoying it.

Day 8: Write a letter to yourself saying all the things your biggest fan would say about you. Don't be modest!

Day 9: Make one small step towards finishing something you have been avoiding.

Day 10: Go to bed extra early.

Day 11: Write a list of reasons you are proud of yourself (waking up and facing each day is a perfectly acceptable reason).

Day 12: Go for a walk without your phone or headphones. Listen to your thoughts, and be mindful of the sound of the outdoors.

Day 13: Do a random act of kindness. By helping others, you will help yourself.

Day 14: Try meditating (The app "calm" is great for short, guided meditations!)

Day 15: Cook yourself a nice meal. Use healthy ingredients that you enjoy, and take your time creating and eating it.

Day 16: Hug 3 people (ask first...), or give five high 5s if you're not a hugger!

Day 17: Watch an episode of one of your favourite childhood shows.

Day 18: Watch your favourite movie.

Day 19: Be a tourist in your own city. Go discover something you have never noticed before. Find your new favourite place. (If you don't have time for this one, sit down with a good book and commit to at least one chapter. Be a tourist in another world!)

Day 20: Try/Do Yoga. Attend a class, or try some stretches and poses on your own!

Day 21: Count your blessings. Write a list of all of the things you are grateful for.

Day 22: Take a hot shower or warm bath. Allow your muscles to relax, and enjoy the warmth.

Day 23: Tell the people you love that you love them.

Day 24: Read poetry, inspiring quotes, or scripture. Get in touch with something bigger than yourself, whatever that may be to you.

Day 25: Review your journal entries from the month, and write a final reflection on how you feel you can best take care of yourself. Use it as a list for the future when you need a little pick me up! Congratulate yourself on taking the time to care for yourself. You deserve to be proud.

Water chart

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25			

Sleep Chart

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25			