

# 30-Day Caregiver Challenge

1  
Make time for your favorite hobby

2  
Try a guided meditation 

3  
Ask for help with a small task

4  
Listen to your favorite music 

5  
Take a 15 minute walk

6  
Catch up with a friend 

7  
Write down 5 things you are grateful for 

8  
Spend 10 minutes stretching

9  
Schedule a doctors appointment you have been putting off

10  
Try a calming bedtime routine

11  
Celebrate a small success 

12  
Search for a support group

13  
State 3 positive affirmations

14  
Check in with yourself. What do you need today?

15  
Try a new exercise class 

16  
Take a break from social media

17  
Try going to bed earlier than usual.

18  
Read a chapter or more of a new book

19  
Make plans with family or friends

20  
Cook yourself a healthy breakfast

21  
Try something new

22  
Write down 1 thing you are looking forward to

23  
Tidy up your living space for 15 minutes

24  
Catch up on your favorite TV show 

25  
Treat yourself to something nice

26  
Try journaling 

27  
Spend some time outside

28  
Cook your favorite meal 

29  
Wear something you love

30  
Try a deep breathing exercise