

# What You Need to Know to Complete the 30-Day Mental Wellness Practice

## SELF-CARE PRACTICES SHEET

- Contains 40 self-care practices
  - 36 practices are sorted into 3 main categories: (1) for your body, (2) mind, and (3) mood & relationships.
  - 4 practices are group bonuses meant to be completed with other practice participants.
- Some practices include links to resources that provide extra information and guidance. Just click on the underlined text to access.
- **You should complete at least 1 practice from this sheet on \*each practice day, and at least 1 practice from each of the 3 main categories every week.** You can complete a practice more than once.

\*You have 3 free rest days on which you do not need to complete a self-care practice. You decide when to use them.

## CALENDAR

- Can be downloaded, edited, and printed out
- Includes a sample calendar, for your reference
- **You should fill out the calendar whenever you complete a self-care practice. For each day, write out which practice you completed. For each week, check off which categories you selected your practices from.**

## REMEMBER...

This experience is meant to be fun and supportive of your mental wellness! To get the most out of your journey, pick practices that match your abilities and lifestyle, complete practices with a partner or group, and share your progress with friends and family or on social media. You can also reflect on your experience using the Self-Reflection Worksheet.



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