



31-DAY CHALLENGE

Mental Health Awareness Month

Magic of Self-Care

A month of magical moments
for your mental health

Self-care can feel a little like magic.

When you give your mind a chance to slow down and reset, even small moments can make a big difference in how you feel.

But when life gets busy with work, family, and everything in between, taking care of yourself often slips to the bottom of the list.

Mental Health Awareness Month is a great time to pause, check in, and reconnect with what you need.

The Magic of Self-Care Challenge gives you 31 days of simple ideas to help you fit more care, calm, and comfort into your day.

Here's how it works

- > Scan the QR code with the camera on your smartphone to download the tracker.
- > Choose one self-care activity each day, or come up with your own and mark it on your tracker. The examples are there to help you get started, but you can pick anything that supports your emotional wellbeing.

Whether you're hoping to feel more grounded, lighter, or just a little more like yourself, this challenge is here to help you put your mental health first, one magical moment at a time.

